PLANT FACT SHEET

Adina cordifolia (Roxb.) Brandis

GENUS *Adina* **FAMILY** Rubiaceae

EDIBLE PARTS AND USES

Edible parts: Fruit, twigs

The young twigs are cooked as a vegetable.

DESCRIPTION

A deciduous tree. It grows 30 m high. The trunk is erect and the branches are horizontal. The bark is brownish-grey and furrowed. The leaves have leaf stalks. They are rounded or heart shaped and hairy underneath. The leaves are 20-25 cm long. The flowers are yellow. They occur as round heads 2-4 cm across. These contain several small flowers. The fruit is a capsule. It is round. It has 6 seeds.

HABITAT

A tropical plant. It grows in forested areas in tropical and subtropical regions. It grows up to about 800 m altitude in Nepal. In India it grows in dry forests in hilly parts of the country. In Yunnan.

PRODUCTION

Cultivation

Plants are grown from seed. These are usually grown in nursery beds then transplanted.

NOTES

This one is used for medicine in Nepal.

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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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