PLANT FACT SHEET

Cyphostemma cirrhosum (Thunb.) Desc. ex Wild. & R. B. Drumm.

GENUS *Cyphostemma* **FAMILY** Vitaceae

EDIBLE PARTS AND USES

Edible parts: Fruit, Root - flavouring

The roots provide moisture.
The fruit are eaten as a snack.
They are also used to alcoholic drinks. (Caution: Alcohol is a cause of cancer)

DESCRIPTION

A scrambling shrub or climber. The leaves have 5 lobes. The edges have broad teeth. The flowers are dull yellow. The fruit are a flattened round shape and 1 cm across.

HABITAT

It is a subtropical or Mediterranean climate plant.

REFERENCES

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Welcome, A. K. & Van Wyk, B.-E., 2019, An inventory and analysis of the food plants of southern Africa. South African Journal of Botany 122 (2019) 136–179

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/a55aab12-5520-4778-9735-04bf30dcef55