PLANT FACT SHEET

Ipomoea alba L. f.

GENUS *Ipomoea* **FAMILY** Convolvulaceae

COMMON NAMES Tropical white morning glory

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers, Seeds, Roots, Calyces, Vegetable

The young leaves and fleshy calyces are steamed and eaten as a vegetable. They are also used in curries, soups and stews. They can be used fresh or dried.
Seed are eaten when young.
The dried flowers or calyces are used in vegetable soup.
The roots are cooked and eaten.

DESCRIPTION

A twining plant which keeps growing from year to year. It can climb to 5 m high and spread to 20 m across. It is often grown as an annual plant. The leaves are oval or rounded and sometimes with 3 lobes. They are deep green in colour. Leaves are 10-20 cm long. The flowers are trumpet shaped and occur as 1-8 together. They are 12-14 cm across and tinted green on the outside. They have a sweet smell and open at night.

HABITAT

A tropical plant. It grows throughout the tropics. It needs a temperature above 7°C. It requires a fertile, well drained soil and a sunny position. In Java it grows up to 1,000 m above sea level. It suits hardiness zones 10-12. In Sichuan and Yunnan.

PRODUCTION

Cultivation

Plants can be grown from seed. Seed should be soaked in warm water for 12 hours before sowing. Seed germinate in 1-3 weeks at 22°C. It forms small tubers along the stem and can be grown from them. Plants can be grown from cuttings of the shoots.

Harvesting and Seed Production

It is a fast growing plant.

NOTES

There are about 500 Ipomoea species. They are mostly in the tropics and warm temperate regions.

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