PLANT FACT SHEET

Ceropegia discoidea (R. A. Dyer) Bruyns

GENUS *Ceropegia* **FAMILY** Apocynaceae

EDIBLE PARTS AND USES

Edible parts: Tubers, Root

The roots are eaten as a snack and also cooked as a vegetable.

DESCRIPTION

A herb. It has underground stems or rhizomes. It has flattened tubers. It grows 10 cm high. It keeps growing from year to year. There are 1 or 2 stems that are only slightly branched. The stems have hairs. The leaves are broadly oval or round and 5-15 mm long and wide. The leaves have hairs underneath. There are 1 or 2 flowers near the axils of leaves.

HABITAT

It is a subtropical plant that grows in hot arid areas. It grows in regions with a dry season of 6-11 months. It can grow in arid places. It grows in gravelly, sandy soil. In South Africa it grows between 1,100-1,300 m above sea level.

NOTES

Also put in the family Asclepiadaceae.

REFERENCES

Royal Botanic Gardens, Kew (1999). Survey of Economic Plants for Arid and Semi-Arid Lands (SEPASAL) database. Published on the Internet; http://www.rbgkew.org.uk/ceb/sepasal/internet [Accessed 28th March 2011] (As Brachystelma discoideum)

Ruiters-Welcome, A. K., 2019, Food plants of southern Africa. Ph.D. thesis. Univ. of Johannesburg p 22 (As Brachystelma discoideum)

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 (As Brachystelma discoideum)

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

PROVIDED BY **Food Plants International**

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

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/a9f8b2c6-5f38-4945-825b-9c7e8103391c