PLANT FACT SHEET

Cyphostemma ruacenense (Exell & Mendonca) Desc.

GENUS *Cyphostemma* **FAMILY** Vitaceae

EDIBLE PARTS AND USES

Edible parts: Roots - tea

The roots are used to make a tea like drink. The root is pounded, soaked and then briefly boiled to make a drink.

DESCRIPTION

A herb. It is a climber or scrambler. It keeps growing from year to year. The leaves are compound with 3-5 broad leaflets. There are teeth along the edge. The flowers are small and white, green or yellow. They are in groups.

HABITAT

It is a subtropical plant. It grows in hot arid areas. It grows in rocky soils. It grows between 800-1,000 m above sea level. It can grow in arid places.

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 13th June 2011]

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/abefdc66-2a37-46ac-89f9-b86da68bbfab