PLANT FACT SHEET

# *Cynanchum insipidum* (E. Mey.) Liede & Khanum

**GENUS** *Cynanchum* **FAMILY** Apocynaceae

**COMMON NAMES** African heart-vine

## EDIBLE PARTS AND USES

**Edible parts:** Leaves, Stems, Tendrils, Fruit, Vegetable

The leaves are cooked and eaten. They are also used in vegetable dishes and in relishes and chutneys. They are also pounded and eaten raw. It is a common attractive food.
The young fruit are eaten raw. They are also cooked in vegetable dishes. They are also roasted in ashes. It is the outer layer of the fruit that is eaten.
The stems and tendrils are used in savoury foods.

## DESCRIPTION

A climbing herb that keeps growing from year to year. It has milky sap. It grows 8 m long. The stems arise at intervals from a long rhizome or underground stem. The stems are 2-3 m long and the leaves are opposite and have leaf stalks. The leaves are oval or heart shaped. The leaves are 1-5 cm long. There are rounded lobes at the base. The flowers are small and yellow-green. They are in the axils of leaves. They usually occur singly. The flowers are in 2.5-8 cm long groups. The fruits are dry. They are 2.5-8 cm long. They are covered with small soft spines.

## HABITAT

A tropical plant. It grows on river banks. It grows in areas with a marked dry season. In southern Africa it grows from sea level to 2,200 m altitude. It is most common between 600-1,600 m above sea level. It can grow in arid places. It does not tolerate extremes of wet or dry.

## PRODUCTION

### Cultivation

It can be easily grown from seeds.

### Harvesting and Seed Production

It grows quickly.

## NOTES

There are only 2 Pentarrhinum species.
Young leaves Vitamin C is 16.1 mg/100 gm.
Also put in the family Asclepiadaceae.

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