PLANT FACT SHEET

Cayratia carnosa (Roxb.) Gagnep.

GENUS *Cayratia* **FAMILY** Vitaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Fruit

The ripe fruit are eaten. They are pleasantly acid.
The leaves and stems are eaten. They are boiled and eaten alone or with fish.

DESCRIPTION

A climber. It has branched tendrils. The stems are fleshy. They become flattened with age. The leaves are fleshy and have about 3 leaflets. The leaf stalk is 2-10 cm long. The leaflets vary in shape. They can be 4-15 cm long. There are teeth or lobes along the edge. The flowers are greenish. They are 3 mm across. They are on branched stalks. The fruit is round and 8-20 mm long. They are black and have 2-4 seeds.

HABITAT

A tropical plant. It is often in dry deciduous forests.

NOTES

There are about 45 Cayratia species. They are mainly in tropical areas.

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Wild edible plants of Himachal Pradesh

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