PLANT FACT SHEET

Cissampelos glaberrima A. St.-Hil.

GENUS *Cissampelos* **FAMILY** Menispermaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are deep fried coated with flour.
They are also crushed and used for chutney.

DESCRIPTION

A creeper.

HABITAT

It is a tropical plant.

REFERENCES

Bhatia, H., et al, 2018, Traditionally used wild edible plants of district Udhampur, J&K, India. Journal of Ethnobiology and Ethnomedicine (2018) 14:73

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/b112107a-6da8-4859-b3e5-3097efc2f31f