PLANT FACT SHEET

Connarus cochinchinensis (Baill.) Pierre

GENUS *Connarus* **FAMILY** Connaraceae

COMMON NAMES Lumpu'ehs

EDIBLE PARTS AND USES

Edible parts: Leaves

The young leaves are eaten as a vegetable.

DESCRIPTION

A shrub which climbs slightly. The leaves have 3-5 leaflets. These are 3-13 cm long by 2-7 cm wide. The flowers are white.

HABITAT

A tropical plant. It grows on the edges of forests in SE Asia.

NOTES

There are about 80-100 Connarus species.

REFERENCES

Phon, P., 2000, Plants used in Cambodia. © Pauline Dy Phon, Phnom Penh, Cambodia. p 171

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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/b12c8334-6bcb-44f7-a248-eb7eff076598