PLANT FACT SHEET

Calystegia pubescens Lindl.

GENUS *Calystegia* **FAMILY** Convolvulaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Vine tip, Stem, Roots

The roots are eaten. Caution: They can cause diarrhoea.

DESCRIPTION

A herb. The stems are trailing or climbing. They can be several metres long. The leaf stalks are 1-6 cm long. The leaves are narrowly triangle shaped and can have some hairs. The flowers are funnel shaped.

HABITAT

It is a temperate plant. It grows on coastal sandy land.

REFERENCES

Chen, B. & Qiu, Z., Consumer's Attitudes towards Edible Wild Plants, Ishikawa Prefecture, Japan. p 22 www.hindawi.com/journals/ijfr/aip/872413.pdf (As Calystegia japonica)

Lim, T. K., 2015, Edible Medicinal and Non Medicinal Plants. Volume 9, Modified Stems, Roots, Bulbs. Springer p 21

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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/b766de99-02e7-4cce-a7d4-98812a6fd39c