PLANT FACT SHEET

Plukenetia volubilis L.

GENUS *Plukenetia* **FAMILY** Euphorbiaceae

COMMON NAMES Inca peanut

EDIBLE PARTS AND USES

Edible parts: Seeds, Leaves, Nuts, Seeds - oil

The leaves are cooked and eaten.
The seeds are roasted and eaten.

DESCRIPTION

A vine. It grows 8 m long. The leaves are alternate and simple. They are 8-12 cm long by 5-8 cm wide. They are oval and taper to the tip. The flowering stalks are 5-10 cm long. The male flowers are greenish-yellow and 2-3 mm across. The fruit is a capsule 4-5 cm across. It is green and sharply four angled and with wings.

HABITAT

A tropical plant. It grows in the mountain rainforest up to 2,000 m above sea level.

NOTES

It is rich in omega-3 oil that can help lower cholesterol.

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