PLANT FACT SHEET

# *Stephanotis volubilis* (Linnaeus f.) S. Ruess, Liede & Meve

**GENUS** *Stephanotis* **FAMILY** Apocynaceae

**COMMON NAMES** Green milkwood climber

## EDIBLE PARTS AND USES

**Edible parts:** Leaves, Flowers, Fruit, Roots, Vegetable

The young leaves are eaten in curries but also cooked. They are boiled and drained.
The flowers are cooked as a vegetable. They are fried.
The ripe fruit is eaten. They are also cooked.
The seeds are eaten.
The root is eaten.

## DESCRIPTION

A climbing herb or vine. Leaves are oblong and narrow to a point. They are rounded at the base. They are 6-11 cm long by 4-7.5 cm wide. The leaf stalks is 3-6 cm long. The flowers are in the axils of leaves in groups. They are 5-9 cm long. The fruit are in dry sacs. The fruit are 5 cm long and 2.5 cm wide. The seeds are yellow and oval and flat.

## HABITAT

A tropical plant. It suits the wet tropics. It grows in dry evergreen forest in north Thailand. In India it grows in all kinds of soils at altitudes up to 2,000 meters. It is being grown as a microgreen. In XTBG Yunnan.

## PRODUCTION

### Cultivation

Plants can be grown from seeds or from stem cuttings.

## NOTES

It is also used in medicine. Chemical composition (after Paton & Dunlop) (grams per 100g): Protein = 14.62g. Fat = 7.60g. Carbohydrate (soluble) = 41.08g. Fibre = 23.50g. Ash = 4.50g. Water = 8.70g. Calories = 299.
Leaves are used to increase milk production in nursing mothers.

## PICTURES



Credit: Food Plants International (Bruce French)

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

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