PLANT FACT SHEET

Actinostemma paniculatum Maxim.

GENUS *Actinostemma* **FAMILY** Cucurbitaceae

EDIBLE PARTS AND USES

Edible parts: Tubers - starch, Roots

The tubers are bitter but this is removed when they are boiled.

DESCRIPTION

A hardy climber. It has tuberous roots. The leaves have lobes that are arranged like fingers on a hand.

HABITAT

It is a temperate plant.

REFERENCES

Bircher, A. G. & Bircher, W. H., 2000, Encyclopedia of Fruit Trees and Edible Flowering Plants in Egypt and the Subtropics. AUC Press. p 9

PROVIDED BY **Food Plants International**

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/c4f8b7f9-535a-499d-a39a-f8b64dae7d87