PLANT FACT SHEET

Paederia verticillata DC.

GENUS *Paederia* **FAMILY** Rubiaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are best steamed then eaten. The smell disappears with steaming.

DESCRIPTION

A robust climbing herb. It can be 3-10 m long. It has a bad smell. The leaves are usually in rings of 3. The leaf stalks are long. The leaves are oval or sword shaped and the base is heart shaped. It narrows towards the tip. The leaves are dark green and shiny above and less green and shiny below. They are 5-10 cm long by 3-5 cm wide. The flowers are small and have short stalks. They are in large leafy panicles 8-50 cm long. The fruit are flattened and round. They have 5 curved nerves on each side. They are 1.5 cm across. The seeds are black.

HABITAT

A tropical plant. In Indonesia it grows in forests in humus rich soils.

REFERENCES

Martin, F.W. & Ruberte, R.M., 1979, Edible Leaves of the Tropics. Antillian College Press, Mayaguez, Puerto Rico. p 217

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/c67b6169-d4f1-4d8f-887f-703d9214554a