PLANT FACT SHEET

Tiliacora triandra (Colebr.) Diels

GENUS *Tiliacora* **FAMILY** Menispermaceae

COMMON NAMES Yanang

EDIBLE PARTS AND USES

Edible parts: Flavouring, Leaves, Fruit

The leaves are pureed then used to get rid of the bitterness of some spicy bamboo shoots. This is eaten with rice.
It is used in soups and as a food colouring. The leaf spine is filtered out.

DESCRIPTION

A slender woody climber. The flowers are yellow.

HABITAT

A tropical plant. It grows in limestone areas.

NOTES

It has antioxidant activity.

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