PLANT FACT SHEET

Cosmostigma cordatum (Poir.) M. R. Almeida

GENUS *Cosmostigma* **FAMILY** Apocynaceae

COMMON NAMES Green milkweed creeper

EDIBLE PARTS AND USES

Edible parts: Flowers

Flowers are sweet and edible.

DESCRIPTION

A twining shrub. It has milky sap. The stems are hollow. They have a few hairs when young. The leaves are opposite and 8-11 cm long by 4-5 cm wide. They are broadly oval with a rounded or heart shaped base and a sharp tip. The leaf stalks are 2-3 cm long. The flowers are greenish and in groups. They open out flat and are 1 cm across.

HABITAT

It is a tropical plant. It grows in moist deciduous forest. It occurs in the Western Ghats in India.

PRODUCTION

Harvesting and Seed Production

In southern India it is flowering and fruiting April to June.

REFERENCES

Ambasta, S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 143 (As Cosmostigma racemosa)

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/cf3f5a39-e5c7-4c89-9dd8-2b75b6f5f5c5