PLANT FACT SHEET

Mikania cordifolia (Burm.f.) B. L. Robinson

GENUS *Mikania* **FAMILY** Asteraceae

COMMON NAMES Guaco

EDIBLE PARTS AND USES

Edible parts: Leaves

DESCRIPTION

A slightly woody vine. It is twining and grows 2-5 m long. The stems are hairy. They are 8 sided and have lines along them. The leaves are opposite. They are 7-12 cm long by 4-8 cm wide. They are oval and have a slight scent. The base is heart shaped. The upper surface is dull green. There are teeth along the edge.

HABITAT

A tropical plant. It grows in pastures and along rivers.

REFERENCES

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Jardin, C., 1970, List of Foods Used In Africa, FAO Nutrition Information Document Series No 2.p 89

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/cf8a9d67-a78a-4ea6-99f0-fcd6f79a396a