PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Convolvulus arvensis L.

GENUS *Convolvulus* **FAMILY** Convolvulaceae

COMMON NAMES Field bindweed, Australian bindweed

EDIBLE PARTS AND USES

Edible parts: Leaves - flavouring, Shoots, Seeds, Flowers - nectar

The leaves are used to give flavour to a liquor called "noyeau".
They have also been scalded then fried. They are cooked as a vegetable. They are cooked with yoghurt.
The seeds are also boiled with other vegetables or fried and eaten.
The flowers are sucked for their nectar.
The young shoots with a few leaves are gathered in early spring and used in limited amounts with cracked wheat and ground beans to make a gruel. Caution: Eating too much will cause diarrhoea.
The roots are boiled, kneaded into dough and then cooked to make a damper.

DESCRIPTION

A vigorous slender climber. It has a woody base and keeps growing from year to year. It has long branched underground stems or rhizomes. These can be 9 m deep. The stems are fine and twining. They have fine hairs when young. The leaves are alternate and broadly oval. They are 3-5 cm long by 1-4 cm wide. The leaves have stalks. They have lobes at the base. The flowers are small and white or pink. They occur singly. They are 2.5 cm across. The flowering stems are in the axils of leaves and are larger than the leaves. Plants sucker freely. The fruit capsules are cone shaped.

HABITAT

A temperate plant. It grows in cultivated areas, wasteland, roadsides, grassy slopes between 600–4500 m altitude in China. It grows in lowland fields in northern China. It does best in a light, well-drained soil. It needs a sunny position. It is resistant to frost and drought. In Argentina it grows between sea level and 3,200 m above sea level. Tasmania Herbarium.

PRODUCTION

Cultivation

It can be grown by seed or cuttings.

NOTES

It can become a serious weed in temperate places. There are about 100-250 Convolvulus species.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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