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.

Calystegia sepium (L.) R. Br.

GENUS *Calystegia* **FAMILY** Convolvulaceae

COMMON NAMES White Bindweed, Hedge Bindweed, Large Bindweed

EDIBLE PARTS AND USES

Edible parts: Leaves, Root, Stalks, Flowers

The root is washed and steamed, or sun-dried, then broken into fragments. It is cooked and eaten with rice or ground into a meal and steamed in the form of cakes.
The young shoots are eaten.

DESCRIPTION

A slender climber. It keeps growing from year to year. It grows 1-4 m high. It has both underground stems or rhizomes and runners or stolons. It climbs over supports. The stems are smooth and twining. They twine in an anticlockwise direction. The leaves are 5-15 cm long and 2-4 cm wide. They are oval or triangle shaped or like an arrowhead. They are light green. The leaf stalks are almost free of hairs. The flowers are 5-8 cm long and about 4 cm across. They are white or pink and funnel shaped. They occur singly in the axils of leaves. They are on long stalks. The flowers open during the day and close at night. The fruit is a capsule about 1 cm across.

HABITAT

It is a temperate plant. It grows in shady gullies and along streams. It grows in coastal salt-marshes and reed swamps. Tasmania Herbarium. In Yunnan.

PRODUCTION

Cultivation

It can be grown by seed or stem cuttings.

NOTES

There are 25 Calystegia species.

PICTURES



Credit: Food Plants International (Bruce French)

REFERENCES

Arora, R. K., 2014, Diversity in Underutilized Plant Species - An Asia-Pacific Perspective. Bioversity International. p 24

Bircher, A. G. & Bircher, W. H., 2000, Encyclopedia of Fruit Trees and Edible Flowering Plants in Egypt and the Subtropics. AUC Press. p 75

Blamey, M and Grey-Wilson, C., 2005, Wild flowers of the Mediterranean. A & C Black London. p 183

Bodkin, F., 1991, Encyclopedia Botanica. Cornstalk publishing, p 205

Crowe, A., 1997, A Field Guide to the Native Edible Plants of New Zealand. Penguin. p 69

Curtis, W.M., 1993, The Student's Flora of Tasmania. Part 3 St David's Park Publishing, Tasmania, p 498

Dashorst, G.R.M., and Jessop, J.P., 1998, Plants of the Adelaide Plains & Hills. Botanic Gardens of Adelaide and State Herbarium. p 122

Elliot, W.R., & Jones, D.L., 1982, Encyclopedia of Australian Plants suitable for cultivation. Vol 2. Lothian. p 444

Fang Rhui-cheng; George Staples, CONVOLVULACEAE Flora of China

Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 145

Heywood, V.H., Brummitt, R.K., Culham, A., and Seberg, O. 2007, Flowering Plant Families of the World. Royal Botanical Gardens, Kew. p 109

Kermath, B. M., et al, 2014, Food Plants in the Americas: A survey of the domesticated, cultivated and wild plants used for Human food in North, Central and South America and the Caribbean. On line draft. p 168

Lamp, C & Collet F., 1989, Field Guide to Weeds in Australia. Inkata Press. p 49

Lazarides, M. & Hince, B., 1993, Handbook of Economic Plants of Australia, CSIRO. p 45

Licata, M., et al, 2016, A survey of wild plant species for food use in Sicily (Italy) – results of a 3-year study in four Regional Parks. Journal of Ethnobiology and Ethnomedicine 12:12

Lim, T. K., 2015, Edible Medicinal and Non Medicinal Plants. Volume 9, Modified Stems, Roots, Bulbs. Springer p 21

Liu, Yi-tao, & Long, Chun-Lin, 2002, Studies on Edible Flowers Consumed by Ethnic Groups in Yunnan. Acta Botanica Yunnanica. 24(1):41-56

Paczkowska, G. & Chapman, A.R., 2000, The Western Australian Flora. A Descriptive Catalogue. Western Australian Herbarium. p 216

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. http://www.scs.leeds.ac.uk/pfaf/

Prodr. 483. 1810

READ,

Romanowski, N., 2007, Edible Water Gardens. Hyland House. p 105

Tasmanian Herbarium Vascular Plants list p 22

UPHOF,

Zizka, G., 1991, Flowering Plants of Easter Island. Palmarum Hortus Francofurtensis

PROVIDED BY **Food Plants International**

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

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/e01d0001-5500-4195-a400-dc3d4c0d42f7