PLANT FACT SHEET

Leea macrophylla Roxb. ex Hornem.

GENUS *Leea* **FAMILY** Vitaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Fruit, Seeds, Flowers

Ripe fruit are eaten fresh.
The tender leaves are eaten as a vegetable.
The leaves can be stored for 7 days.
The seeds are eaten.

DESCRIPTION

A herb or shrub. It grows to 2.5 m high. It puts up annual shoots. The leaves have stalks. The leaves have leaflets along the stalk. The leaflets are 5-20.5 cm long by 2-8.5 cm wide. They are oblong and pointed. There are teeth around the edge. They are slightly hairy on the veins underneath. The base is rounded. The flowers are white. The fruit are round and black when ripe. They can be 1.3 cm across and have 6 seeds.

HABITAT

A tropical and subtropical plant. In Nepal it grows between 300-1700 m altitude. It grows in moist, shady places. In XTBG Yunnan.

PRODUCTION

Cultivation

Plants are grown from seed.

Harvesting and Seed Production

In NE India plants flower and fruit August to March.

NOTES

Also put in the family Leeaceae. Leeaceae occur in the tropics. There are about 70 Leea species.

PICTURES



Credit: Food Plants International (Bruce French)

REFERENCES

Acharya K. P. and Acharya, R., 2010, Eating from the Wild: Indigenous knowledge on wild edible plants in Parroha VDC of Rupandehi District, Central Nepal. International Journal of Social Forestry. 3(1):28-48

Ambasta, S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 321 (Also as Leea robusta)

Bhogaonkar, P. Y. & Devarkar, V. D., 2018, Inventory for ethnovegetable knowledge of the tribals of Satpura hill area-Melghat, Dist. Amravati (India), Plantae Scientia, 2018; Vol. 01 Issue 01: 01-08

Chauhan, S. H., et al, 2018, Consumption patterns of wild edibles by the Vasavas: a case study from Gujarat, India. Journal of Ethnobiology and Ethnomedicine (2018) 14:5

Dangol, D. R. et al, 2017, Wild Edible Plants in Nepal. Proceedings of 2nd National Workshop on CUAOGR, 2017.

Dobriyal, M. J. R. & Dobriyal, R., 2014, Non Wood Forest Produce an Option for Ethnic Food and Nutritional Security in India. Int. J. of Usuf. Mngt. 15(1):17-37

Dutta, U., 2012, Wild Vegetables collected by the local communities from the Churang reserve of BTD, Assam. International Journal of Science and Advanced Technology. Vol. 2(4) p 122

Gautam, R. S., et al, 2020, Wild Edible Fruits of Nepal. Int. J. Appl. Sci. Biotechnol. Vol 8(3): 289-304

Golait, S. D., et al, 2021, Documentation of Wild Edible Leafy Vegetable Traditionally Used by Tribal and Rural Communities of North Maharashtra, India. Plantae Scientia : Volume 04, Issue 03, May 2021

Hort. bot. hafn. 1:213. 1813

Jadhav, R., et al, 2015, Forest Foods of Northern Western Ghats: Mode of Consumption, Nutrition and Availability. Asian Agri-History Vol. 19, No. 4: 293-317

Jeeva, S., 2009, Horticultural potential of wild edible fruits used by the Khasi tribes of Meghalaya. Journal or Horticulture and Forestry Vol. 1(9) pp. 182-192

Kauthale, V. et al., 2017, Diversity of Wild Edible Plants in Dhadgaon Block of Nandurbar District in Maharashtra, India. Int. J. Curr. Res. Biosci. Plant Biol. 4(6), 62-73

Kumari, B. & Solanki, H., 2019, The Traditional Knowledge of Wild Edible Leaf used by Tribal People in Chhattisgarh. International Journal of Plant and Environment (2019), Vol. 5(4) :284-292

Lele, Y., et al, 2021, Wild Edible Plants of Nutritional and Medicinal Significance to the Tribes of Palghar, Maharashtra, India. Journal of Ecological Society. p 33

Mallick, S. N., et al, 2020, Ethnobotanical study of wild edible food plants used by the tribals and rural populations of Odisha, India. Plant Archives Vol. 20, No. 1, 2020 pp. 661-669

Manandhar, N.P., 2002, Plants and People of Nepal. Timber Press. Portland, Oregon. p 287

Martin, F.W. & Ruberte, R.M., 1979, Edible Leaves of the Tropics. Antillian College Press, Mayaguez, Puerto Rico. p 225

Mehta, P. S. et al, 2010, Native plant genetic resources and traditional foods of Uttarakhand Himalaya for sustainable food security and livelihood. Indian Journal or Natural products and Resources. Vol 1(1), March 2010 pp 89-96 (As Leea aspera)

Pasha, M. K. & Uddin, S. B., 2019, Minor Edible Fruits of Bangladesh. Bangladesh J. Plant Taxon. 26(2): 299–313

PROSEA

Rahangdale, D. R. & Rahangdale, S.S., 2014, Potential Wild Edible Plant Resources from Maharashtra: Future Prospects for their Conservation and Improvement. Life Sciences Leaflets ISSN 0976-1098

Ramachandran, V.S., 1987, Further Notes on the Ethnobotany of Cannanore District, Kerala. J. Econ. Tax. Bot. Vol. 11 No. 1 pp 47- (As Leea robusta)

Savita, et al, 2006, Studies on wild edible plants of ethnic people in east Sikkim. Asian J. of Bio Sci. (2006) Vol. 1 No. 2 : 117-125 (As Leea robusta)

Sarma, H., et al, 2010, Updated Estimates of Wild Edible and Threatened Plants of Assam: A Meta-analysis. International Journal of Botany 6(4): 414-423

Sawian, J. T., et al, 2007, Wild edible plants of Meghalaya, North-east India. Natural Product Radiance Vol. 6(5): p 418

Singdeo, K., et al, 2024, Wild Edible Fruits Of Eastern Ghats Of India: A Review. African Journal of Biological Sciences. 6(5) p 6535f

Singh, H.B., Arora R.K.,1978, Wild edible Plants of India. Indian Council of Agricultural Research, New Delhi. p 27, 65

Sundriyal, M., et al, 1998, Wild edibles and other useful plants from the Sikkim Himalaya, India. Oecologia Montana 7:43-54

Sundriyal, M., et al, 2004, Dietary Use of Wild Plant Resources in the Sikkim Himalaya, India. Economic Botany 58(4) pp 626-638

Vartak, V.D. and Kulkarni, D.K., 1987, Monsoon wild leafy vegetables from hilly regions of Pune and neighbouring districts, Maharashtra state. J. Econ. Tax. Bot. Vol. 11 No. 2 pp 331-335

WATT,

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/e184de77-5f9c-4ca1-b012-05bec047fb81