PLANT FACT SHEET

Cissampelos torulosa E. Mey. ex Harv.

GENUS *Cissampelos* **FAMILY** Menispermaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are eaten as a vegetable.

DESCRIPTION

A climbing plant. The stems are slender and twining. The leaves are kidney shaped to rounded at the tip. They are 2-7 cm long by 2-9 cm wide. The flowers are greenish-white. The fruit is fleshy, and a flattened round shape. It is 4-7 mm long by 3-5 mm wide. The seeds are 6-8 mm long.

HABITAT

It is a subtropical plant.

REFERENCES

Ruiters-Welcome, A. K., 2019, Food plants of southern Africa. Ph.D. thesis. Univ. of Johannesburg p 78

Welcome, A. K. & Van Wyk, B.-E., 2019, An inventory and analysis of the food plants of southern Africa. South African Journal of Botany 122 (2019) 136–179

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/e3c5d52d-d894-4157-925d-eb2f42479db0