PLANT FACT SHEET

Gymnema reticulatum (Moon) Alston

GENUS *Gymnema* **FAMILY** Apocynaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The young bitter leaves are used to flavour fish dishes.

DESCRIPTION

A strong climber. It grows 4-6 m long.

HABITAT

A tropical plant. It grows in dense forests.

NOTES

There are about 25 Gymnema species.
Medicine,

REFERENCES

Phon, P., 2000, Plants used in Cambodia. © Pauline Dy Phon, Phnom Penh, Cambodia. p 325

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/e4f87512-51de-4994-ac46-85a804ea76a8