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.

Xysmalobium undulatum (L.) Aiton f.

GENUS *Xysmalobium* **FAMILY** Apocynaceae

COMMON NAMES Bitter wood, Milk bush

EDIBLE PARTS AND USES

Edible parts: Leaves

The young leaves are eaten. They can be eaten raw or used as a vegetable and for flavouring.
Caution: The roots contain a toxic chemical that can affect the heart.

DESCRIPTION

A herb. It has a stout single stem. It is erect and 1.8 m high. It has a milky latex when damaged. It is densely leafy. The leaves have short stalks. The leaf blade in oblong but broader at the base. The edges are wavy. They are 15 cm long by 5 cm wide. The flowers are in groups on the sides of the plant. They are pale yellow or greenish. They have erect lobes and white hairs at the tip. The fruit are leathery and flattened. They are 13 cm long by 4 cm wide. They have wavy hairs 2 cm long. The fruit can occur singly or in pairs.

HABITAT

A tropical plant. It often grows on flooded grassland. In southern Africa it grows between 80-2,000 m altitude. It can grow in arid places.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/e944a659-a940-4cab-92fc-3a96fbd3a30e