PLANT FACT SHEET

Aristolochia bracteolata Lamk.

GENUS *Aristolochia* **FAMILY** Aristolochiaceae

COMMON NAMES Bracteated birthwort

EDIBLE PARTS AND USES

Edible parts: Flowers - tea

DESCRIPTION

A herb that lies along the ground. It keeps growing from year to year. It has an unpleasant smell. The leaves are 1.5-3 cm long and oval but spear shaped at the base. The flowers have large bracts.

HABITAT

A tropical plant.

NOTES

The Aristolochiaceae are mostly tropical and subtropical. There are about 350-500 Aristolochia species. Chemical composition (flower): Protein (crude) = 12.4% (dry). Fat = 5.6% (dry). Fibre (crude) = 23.0% (dry). Ash (insoluble) = 6.9% (dry). Carbohydrate (soluble): Starch = 2.4% (dry). Sucrose = 0.7% (dry). D-glucose = 0.9% (dry). D-fructose = 0.7% (dry). Amino acids (g [16g N]-1): Aspartic acid = 7.2g. Threonine = 3.1g. Serine = 3.1g. Glutamic acid = 9.1g. Proline = 8.3g. Glycine = 4.1g. Alanine = 3.7g. Valine = 4.1g. Cysteine = 0.7g. Methionine = 1.1g. Isoleucine = 2.8g. Leucine = 4.8g. Tyrosine = 2.5g. Phenylalanine = 3.0g. lysine = 5.0g. Histidine = 1.5g. Arginine = 6.5g. Minerals: Sulphur = 0.20% (dry). Potassium = 0.27% (dry). Magnesium = 0.48% (dry). Calcium = 1.14% (dry). Na = 0.01% (dry). K = 1.42% (dry). Zinc = 24 mg/kg-1 (dry). Iron = 365 mg/kg-1 (dry). Copper = 10 mg/kg-1 (dry).

PICTURES



Credit: Food Plants International (Bruce French)

REFERENCES

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/eb06a32e-09c7-4ff3-8c23-56cc160a592a