PLANT FACT SHEET

Cynanchum auriculatum Royle ex Wight

GENUS *Cynanchum* **FAMILY** Apocynaceae

COMMON NAMES Heart-leaf swallow-wort

EDIBLE PARTS AND USES

Edible parts: Fruit, Leaves, Seeds

The young fruit are cooked as a vegetable.
The young fruit are opened and the seeds eaten.
The young shoots are gathered, boiled, washed and eaten as a potherb.
The milky juice is used as a coagulating agent.

DESCRIPTION

A climbing shrub. The leaves are oval to sword shaped and taper to the tip. The edges are wavy. They are 7-15 cm long by 5-12 cm wide. They are hairy. The base of the leaf is deeply heart shaped. The flowers are whitish. They occur as many flowers together. The fruit is a many seed fruit which opens along one side. It is pointed. It is 8-10 cm long by 1.5 cm wide. The seeds are 8-9 mm long.

HABITAT

It is a temperate plant. In Nepal is grows between 1800-3300 m altitude. In Sichuan and Yunnan.

PRODUCTION

Cultivation

Plants are grown from seed.

NOTES

There are about 150 Cynanchum species.

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