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.

Bryonia cretica subsp. dioica (Jacq.) Tutin

GENUS *Bryonia* **FAMILY** Cucurbitaceae

COMMON NAMES Red bryony, English mandrake, Wild hop

EDIBLE PARTS AND USES

Edible parts: Leaves, Shoots, Tendrils

CAUTION: All parts of this plant are poisonous. The red berries are poisonous.
The very young leaves are sometimes eaten after being well cooked. They are boiled and then fried. They are stewed or used in omelettes.

DESCRIPTION

A pumpkin family plant. It is a tall climbing plant. It is hairy and keeps growing from year to year. It can be 4 m tall. The tendrils are coiled. The leaves are divided into 5 lobed leaflets like fingers on a hand. The leaves are plain green. The flowers are also plain green. The fruit is a green berry. It turns red when ripe. It is 6-10 mm across.

HABITAT

It is a Mediterranean plant.

PRODUCTION

Harvesting and Seed Production

It is fast growing.

NOTES

In some places its consumption is restricted by law due to toxic concerns.

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