



PLANT FACT SHEET

Cleome viscosa L.

GENUS *Cleome* FAMILY Cleomaceae

COMMON NAMES Sticky Cleome, Asian spiderflower, Tickweed

EDIBLE PARTS AND USES

Edible parts: Leaves, Fruit, Seeds, Oil, Vegetable, Spice

The leaves are edible cooked.

The young fruit are eaten candied.

Roasted seeds are used in curries and pickles.

Seed oil is used for cooking. The seeds are dried and ground and used as a vegetable.

The leaves are soaked, fermented and used as a spice.

DESCRIPTION

An erect annual herb. It is sticky. It has a rank smell and is about 0.3 to 1 m high. The leaves are made up of 3 to 5 leaflets each 1 to 3 cm long. The flowers are in leafy groups at the end of branches. The flowering shoots are 5-10 cm long. The flower stalks are less than 1 cm long. The petals are yellow and 7 to 8 mm long. The fruit is a capsule 3-10 cm long by 2-4 mm wide. It has ridges along it. It partly splits open. It is narrow. It narrows and gradually tapers near the tip. The stems and seed pods are hairy. The seeds are round, black and 1 mm across. There are 25-40 seeds. They are light brown and 1.2-1.8 mm long by 1-1.2 mm wide. They have fine ridges.

HABITAT

It is a tropical plant. They are found in waste places at low and medium altitudes throughout the Philippines. In Nepal it grows up to 1200 m altitude. It is damaged by drought and frost. It grows in wetlands. It can grow in arid places. It restricts the germination and growth of Pearl millet. In central China it grows from sea level to 300 m above sea level. In Yunnan.

PRODUCTION

Cultivation

Plants are grown from seed.

Harvesting and Seed Production

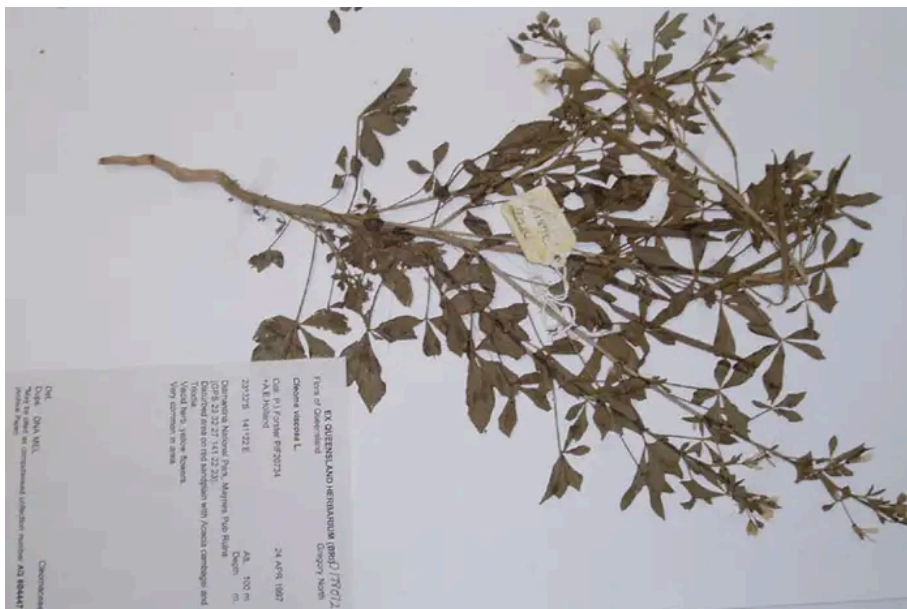
In China plants flower July to September and fruit in October.

NOTES

There are about 150 Cleome species. Chemical composition (per 100g) (leaves, raw): Protein = 5.5g. Fat = .9g. Calcium - 454 mg. Iron = 2.7 mg. Kcal = 57.

The seeds are rich in oil (26%). They are also used in medicine.

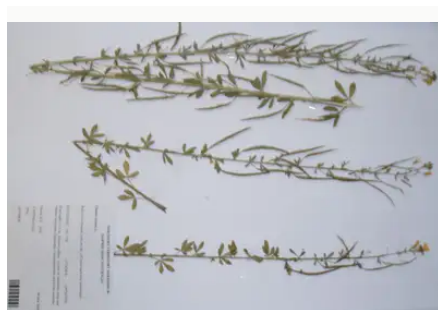
PICTURES



Credit: Food Plants International (Bruce French)



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Credit: Food Plants International (Bruce French)

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

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