PLANT FACT SHEET

Gynura cusimbua (D. Don) S. Moore

GENUS *Gynura* **FAMILY** Asteraceae

COMMON NAMES Hill gynura

EDIBLE PARTS AND USES

Edible parts: Shoots, Leaves, Flowers

The shoots are cooked and eaten. They are also used in soups.

DESCRIPTION

A herb. It keeps growing from year to year. The stems are robust and the lower parts can lie along the ground. They are green or purple and 1.5-3.0 m tall. The stems are up to 2 cm across. They are fleshy but woody at the base. The leaves are large and without leaf stalks. They can be purplish underneath. The leaves are broadly oval and 10-30 cm long by 4-11 cm wide. The leaves higher up are smaller.

HABITAT

It is a subtropical plant. In southern China it grows on slopes and grasslands between 1,300-3,400 m above sea level. In Sichuan and Yunnan.

PRODUCTION

Harvesting and Seed Production

In Nagaland leaves are harvested June to November.

REFERENCES

Angami, A., et al, 2006, Status and potential of wild edible plants of Arunachal Pradesh. Indian Journal of Traditional Knowledge 5(4) October 2006, pp 541-550

Devi, O. S., et al, 2021, Wild edible plants associated with the people of Thoubal Khunou village and its migrated villagers. Int. J. Adv. Res. Biol. Sci. 8(9): 72-90

Doni, T., & Gajurel P. R., 2020, Diversity of wild edible plants traditionally used by the Galo tribe of Indian Eastern Himalayan state of Arunachal Pradesh. Plant Science Today. 2020;7(4):523–533.

Dutt, B., et al, 2011, Ethnobotanical Survey of Plants used by Gaddi Tribe of Bharmour Area in Himachal Pradesh. ENVIS Bulletin: Himalayan Ecology 19, 2011

Jain et al, 2011, Dietary Use and Conservation Concern of Edible Wetland Plants at Indo-Burma Hotspot: A Case Study from Northeast India. Journal of Ethnobiology and Ethnomedicine 7:29 p 6

Pradheep, K., et al, 2016, Wild edible plants used by Konyak tribe in Mon district of Nagaland: Survey and inventorisation. Indian Journal of Natural Products and Resources. Vol 7(1) pp 74-81

Taram, M., et al, 2018, Wild Food Plant Resources of Komkar Adi Tribe of Upper Siang District in Arunachal Pradesh, India. Bulletin of Arunachal Forest Research, Vol. 33(2), 27-35

PROVIDED BY **Food Plants International**

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

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/fc363d19-9f9b-4abc-96e4-e7efd4e9e056