PLANT FACT SHEET

Cyphostemma buchananii (Planch.) Wild. & Drummond

GENUS *Cyphostemma* **FAMILY** Vitaceae

COMMON NAMES Namwalicheche, Ndemikangono

EDIBLE PARTS AND USES

Edible parts: Fruit, Roots, Stems

The ripe fruit are eaten.
The roots are chewed especially by children.
The young stems are chewed.

DESCRIPTION

A climbing herb or shrub. It grows about 1 m tall. The leaves have 5 lobes like fingers on a hand. The leaves are white underneath with brown veins. The leaflet blades are 11 cm long by 7 cm wide. They are narrowly oval. There are rounded teeth along the edge. The flowers have reddish petals. The fruit are red and oval. They are hairy. The seed is about 7 mm long by 5 mm wide.

HABITAT

A tropical plant. It grows on the edges of forests and in woodland. It grows in dry soil. It can grow in arid places.

REFERENCES

Flora Zambesiaca. http://apps.kew.org/efloras

Fowler, D. G., 2007, Zambian Plants: Their Vernacular Names and Uses. Kew. p 63

Fox, F. W. & Young, M. E. N., 1982, Food from the Veld. Delta Books. p 368

Grivetti, L. E., 1980, Agricultural development: present and potential role of edible wild plants. Part 2: Sub-Saharan Africa, Report to the Department of State Agency for International Development. p 66 (As Cissus)

Peters, C. R., O'Brien, E. M., and Drummond, R.B., 1992, Edible Wild plants of Sub-saharan Africa. Kew. p 202

Reis, S. V. and Lipp, F. L., 1982, New Plant Sources for Drugs and Foods from the New York Botanical Garden herbarium. Harvard. p 174 (As Cissus buchananii)

Royal Botanic Gardens, Kew (1999). Survey of Economic Plants for Arid and Semi-Arid Lands (SEPASAL) database. Published on the Internet; http://www.rbgkew.org.uk/ceb/sepasal/internet [Accessed 13th June 2011]

Tredgold, M.H., 1986, Food Plants of Zimbabwe. Mambo Press. p 6

Wild, 1975,

Williamson, J., 2005, Useful Plants of Malawi. 3rd. Edition. Mdadzi Book Trust. p 93

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

www.zimbabweflora.co.zw 2011

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/fe4c0714-4e50-48dd-95d7-28eae9600cba