

Uses

ID	371
Crop ID	Redflower Ragleaf
Part	Leaf
Use Category	Food
Notes	C. crepidiodes is eaten by humans in many countries in Africa. Succulent leaves and stems are used as a vegetable in soups and stews, especially in West and Central Africa. In Sierra Leone the leaves are also popular and are made into a sauce with groundnut paste. In Australia this species is eaten as a salad green, either cooked or raw.
Metadata ID	7,555