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.

Cephalopentandra ecirrhosa (Cogn.) C. Jeffrey

GENUS *Cephalopentandra* **FAMILY** Cucurbitaceae

EDIBLE PARTS AND USES

Edible parts: Fruit

DESCRIPTION

A pumpkin family vine. It grows 1 m long. It has a fat stem or rootstock projecting above the soil. This can be 60 cm across. The leaves are wavy around the edge. They are 3-9 cm long by 4-7 cm wide. They can have 5-7 lobes. The flowers are pale yellow. They are 3 cm across. The fruit is orange. It is oval and tapers to the tip. The fruit is 8 cm long by 4 cm wide.

HABITAT

It is a tropical plant. It grows in woodland on sandy soil between 45-1,090 m above sea level.

REFERENCES

Lulekal, E., et al, 2011, Wild edible plants in Ethiopia: a review on their potential to combat food insecurity. Afrika Focus - Vol. 24, No 2. pp 71-121

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/01095b8b-ce6a-40d5-890e-bfb43394dbd1