PLANT FACT SHEET

Benincasa hispida var. chieh-qua (Thunb.) Cogn., How

GENUS *Benincasa* **FAMILY** Cucurbitaceae

COMMON NAMES Chi qua, Fuzzy gourd, Hairy melon

EDIBLE PARTS AND USES

Edible parts: Fruit

The fruit should be stored in a cool place but not a fridge.
The fruit are peeled and chunks added to soup or stir fries.

DESCRIPTION

A pumpkin family herb. It is a trailing vine.

It is a variety of Benincasa hispida.

HABITAT

It is a tropical plant.

REFERENCES

Walters, T. W., 1989, Historical Overview on Domesticated Plants in China with Special Emphasis on the Cucurbitaceae. Economic Botany 43(3): 297-313

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/0470381a-a827-4665-a1d9-bc6495b3f372