PLANT FACT SHEET

Kedrostis leloja (Forssk. ex J. F. Gmel.) C. Jeffrey

GENUS *Kedrostis* **FAMILY** Cucurbitaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Fruit, Vegetable

The leaves are eaten as a vegetable and used to flavour other foods. They are chopped and cooked in coconut milk or pounded with peanuts. It is a staple food.
The fruit are eaten raw.

DESCRIPTION

A herb. It is a pumpkin family plant. It can grow each year from seeds or keep growing from year to year. It is 1 m long. It is a climber. It has a taproot and puts up annual stems. It has simple tendrils. The leaves are simple with 5 shallow lobes. The leaves are 6 cm long by 10 cm across. The lobes widen at the tip. The male and female flowers are separate on the same plant. They are small and greenish-yellow. The male flowers are on a hanging stalk and the female flowers on a short stalk. The fruit are green and turn orange as they ripen. They are oblong.

HABITAT

It is a tropical plant. It grows in woodland and grassland. It grows from sea level to 1,700 m above sea level. It can grow in arid places.

PRODUCTION

Cultivation

Plants can be grown from seeds.

Harvesting and Seed Production

The leaves and fruit are collected during the rainy season.

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PROVIDED BY **Food Plants International**

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

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