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.

Hodgsonia heteroclita (Roxburgh) J. D. Hooker et Thomson

GENUS *Hodgsonia* **FAMILY** Cucurbitaceae

COMMON NAMES Fat-cracklings fruit

EDIBLE PARTS AND USES

Edible parts: Seeds - oil, Nuts, Seeds, Leaves

Caution: The raw seeds are poisonous.
The seeds are roasted and eaten as a nut.
The seeds are used for extracting oil.
The young leaves are used as a vegetable.

DESCRIPTION

A large climber. The vines can be 20 m long. The inter-nodes are 10-20 cm long. They are 8-12 cm wide. The tendrils have 2-5 branches. The leaves are oval or heart shaped and have 5 parts like fingers on a hand. The leaves are 15-20 cm across. The lobes are oval and taper to the tip. The leaf stalks are 6-10 cm long and twisted. The flowers are yellowish-white. Male and female flowers are on separate plants. The male flowers are in groups of 2-7 in the axils. The female flowers occur singly. They have 5 lobes and long twisted fringes. The fruit are 12-18 cm long and 20-26 cm across. The are pale red-brown. The skin is thin and firm and the pulp is spongy and juicy. There are 6 seed sacks in a group. They are 7-10 cm long and 5-7 cm wide. There are 1-3 seeds. They are flattened and have wings.

HABITAT

It is a tropical and subtropical plant. It is native to the eastern Himalayas.

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