PLANT FACT SHEET

Momordica subangulata Blume

GENUS *Momordica* **FAMILY** Cucurbitaceae

COMMON NAMES Teasel gourd

EDIBLE PARTS AND USES

Edible parts: Leaves, Stem, Fruit

The young leaves and shoots are eaten blanched or cooked in curries.
Young fruit can also be eaten cooked. They are used as a potherb and in stir-fries.

DESCRIPTION

A pumpkin family plant. It is a climber. The branches are thin. The stems are slender, angular and have furrows. The leaves are oval or kidney shaped. Sometimes the leaves have 3 lobes. They are 3-10 cm long by 4-8 cm wide. The leaf stalk is 2-5 cm long. There are short simple tendrils. Male and female flowers are on separate plants. Male flowers occur singly and have long flower stalks. Flowers are 3-3.5 cm long by 1.5 cm wide and have 5 oval petals. The flowers are yellow. Female flowers have shorter flower stalks. The fruit are oval and 6-7 cm long by 2-4 cm wide. They have spines over the surface. The seeds are round to oval and about 1 cm across. They are greyish.

HABITAT

A tropical plant. It grows in mixed and bamboo forests. It grows from sea level to 2,500 m above sea level. In Yunnan.

PRODUCTION

Cultivation

Plants can be grown from seeds. Stakes can be provided for the plant to climb.

Harvesting and Seed Production

Leaves are available all year round.

NOTES

There are about 50 Momordica species.

REFERENCES

Cao, Y., et al, 2020, Ethnobotanical study on wild edible plants used by three trans-boundary ethnic groups in Jiangcheng County, Pu'er, Southwest China. Journal of Ethnobiology and Ethnomedicine (2020) 16:66

Cheng, Z., et al, 2022, Ethnobotanical study on wild edible plants used by Dulong people in northwestern Yunnan, China. Journal of Ethnobiology and Ethnomedicine (2022) 18:3

Eiadthong, W., et al, 2010, Management of the Emerald Triangle Protected Forests Complex. Botanical Consultant Technical Report. p 50

Fang, Q., et al, 2024, Wild edible plants of the Yao people in Jianghua, China: plant‐associated traditional knowledge and practice vital for food security and ecosystem service. Journal of Ethnobiology and Ethnomedicine (2024) 20:80

Garcia, G. S. C., 2006, The mother-child nexus. Knowledge and valuation of wild food plants in Wayanad, Western Ghats, India. Journal of Ethnobiology and Ethnomedicine, 2:39

Jacquat, C., 1990, Plants from the Markets of Thailand. D.K. Book House p 57

JIRCAS / Momordica subangulata / Local Vegetables of Thailand / Color illustrated

Lim, T. K., 2012, Edible Medicinal and Non-Medicinal Plants: Volume 2, Fruits. Springer.

Liu, S., et al, 2023, Wild edible plants and their cultural significance among the Zhuang ethnic group in Fangchenggang, Guangxi, China. Journal of Ethnobiology and Ethnomedicine. 19:5

Nakahara, K. et al, 2002, Antimutagenicity of Some Edible Thai Plants, and a Biocative Carbazole Alkaloid, Mahanine, Isolated from Micromelum minutum. Journal of Agricultural and Food Chemistry. 50: 4796-4892

Narayanan Ratheesh, M. K. et al, 2011, Wild edible plants used by the Kattunaikka, Paniya and Kuruma tribes of Wayanad District, Kerala, India. Journal of Medicinal Plants Research Vol. 5(15), pp. 3520-3529

Pham-Hoang Ho, 1999, An Illustrated Flora of Vietnam. Nha Xuat Ban Tre. p 568

Shin, T., et al, 2018, Traditional knowledge of wild edible plants with special emphasis on medicinal uses in Southern Shan State, Myanmar. Journal of Ethnobiology and Ethnomedicine (2018) 14:48

Siemonsma, J. S. and Piluek, K. (Eds), 1994, Plant Resources of South-East Asia No. 8 Vegetables. Prosea Foundation, Bogor, Indonesia, p 206

Terra, G.J.A., 1973, Tropical Vegetables. Communication 54e Royal Tropical Institute, Amsterdam, p 59

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

Xu, You-Kai, et al, 2004, Wild Vegetable Resources and Market Survey in Xishuangbanna, Southwest China. Economic Botany. 58(4): 647-667.

PROVIDED BY **Food Plants International**

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

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/140b6d8b-93f7-4241-9bf4-51c10cafcb97