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.

Luffa echinata Roxb.

GENUS *Luffa* **FAMILY** Cucurbitaceae

COMMON NAMES Bristly luffa, Bitter sponge gourd

EDIBLE PARTS AND USES

Edible parts: Fruit

The young fruit are cooked as a vegetable. They are very bitter.

DESCRIPTION

A pumpkin family creeper. It is a climber. It has bristles and tendrils. The leaves are kidney shaped and 5 lobed. The leaves have bristles on both surfaces and small teeth along the edge. The leaf stalk is 12 cm long. The flowers are white. The male flowers are in groups of 5-12 flowers 15 cm long. The fruit is oval and 2-5 cm long. It is densely covered with 2-5 cm long bristles. The seeds are black and oval.

HABITAT

It is a tropical plant.

REFERENCES

Chowdery, T., et al, 2014, Wild edible plants of Uttar Dinajpur District, West Bengal. Life Science Leaflets. 47:pp 20-36
http://lifesciencesleaflets.ning.com

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/285413a9-28c5-49bb-84ef-a550ab00c3cd