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.

Cucumis myriocarpus Naudin

GENUS *Cucumis* **FAMILY** Cucurbitaceae

COMMON NAMES Striped wild cucumber

EDIBLE PARTS AND USES

Edible parts: Fruit, Leaves, Vegetable

The fruit are eaten raw. The green fruit are less bitter than ripe fruit.
Caution: It often needs extensive preparation to remove poisons.
The leaves are eaten as a green vegetable after cooking and also used in relishes and chutneys.

DESCRIPTION

A herb. It is an annual plant in the pumpkin family. It grows 20 cm high and spreads 5 m wide. The stem lies along the ground and has tendrils. The leaves are oval or heart shaped and 6 cm long. There are 5 leaflets with teeth along the edges The flowers are white with dark green stripes. The flowers occur in clusters or 2 to 4. The fruit are pale green oval melons that turn yellow when ripe. They are 2-3 cm across. There are many fruit hidden under the leaves.

HABITAT

It is a tropical and subtropical plant. It will grow in most soils. It needs an open sunny position. It is resistant to drought and frost. It can grow in arid places.

PRODUCTION

Cultivation

Plants are grown from seeds.

PICTURES



Credit: Food Plants International (Bruce French)

REFERENCES

Bodkin, F., 1991, Encyclopedia Botanica. Cornstalk publishing, p 306

Flyman, M. V. & Afolayan, A. J., 2006, A Survey of plants used as wild vegetables in four districts of Botswana. Ecology of Food and Nutrition, 45:405-415

Fowler, D. G., 2007, Zambian Plants: Their Vernacular Names and Uses. Kew. p 79

Fox, F. W. & Young, M. E. N., 1982, Food from the Veld. Delta Books. p 172

Grivetti, L. E., 1980, Agricultural development: present and potential role of edible wild plants. Part 2: Sub-Saharan Africa, Report to the Department of State Agency for International Development. p 79

Grubben, G. J. H. and Denton, O. A. (eds), 2004, Plant Resources of Tropical Africa 2. Vegetables. PROTA, Wageningen, Netherlands. p 252

Grivetti, 1976, 1979,

Long, C., 2005, Swaziland's Flora - siSwati names and Uses http://www.sntc.org.sz/flora/ (As subsp. myriocarpus)

Magwede, K., van Wyk, B.-E., & van Wyk, A. E., 2019, An inventory of Vhavenda useful plants. South African Journal of Botany 122 (2019) 57–89

Marker & Sheape,

Peters, C. R., O'Brien, E. M., and Drummond, R.B., 1992, Edible Wild plants of Sub-saharan Africa. Kew. p 101

Plowes, N. J. & Taylor, F. W., 1997, The Processing of Indigenous Fruits and other Wildfoods of Southern Africa. in Smartt, L. & Haq. (Eds) Domestication, Production and Utilization of New Crops. ICUC p 189

Royal Botanic Gardens, Kew (1999). Survey of Economic Plants for Arid and Semi-Arid Lands (SEPASAL) database. Published on the Internet; http://www.rbgkew.org.uk/ceb/sepasal/internet [Accessed 16th April 2011]

Ruiters-Welcome, A. K., 2019, Food plants of southern Africa. Ph.D. thesis. Univ. of Johannesburg p 49

Swaziland's Flora Database http://www.sntc.org.sz/flora

Welcome, A. K. & Van Wyk, B.-E., 2019, An inventory and analysis of the food plants of southern Africa. South African Journal of Botany 122 (2019) 136–179

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

Zeven, A. C. & de West, J. M. J., 1982, Dictionary of cultivated plants and their regions of diversity. Wageningen. p 124

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/2e473c25-9b03-4a32-9f57-577271410066