PLANT FACT SHEET

Actinostemma lobatum (Maxim.) Maxim, ex French. & Sav.

GENUS *Actinostemma* **FAMILY** Cucurbitaceae

COMMON NAMES Gokizura

EDIBLE PARTS AND USES

Edible parts: Seeds - oil

DESCRIPTION

A slender annual herb. The leaves are thin and triangle shaped or like a spear head. They taper to the tip. The flowers are small and greenish-yellow. The seeds contain an edible oil.

HABITAT

It is a temperate plant.

REFERENCES

Bircher, A. G. & Bircher, W. H., 2000, Encyclopedia of Fruit Trees and Edible Flowering Plants in Egypt and the Subtropics. AUC Press. p 9

PROVIDED BY **Food Plants International**

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/358db337-8f48-4ab6-8950-988a10484fd6