PLANT FACT SHEET

Coccinia sessilifolia (Sond.) Cogn.

GENUS *Coccinia* **FAMILY** Cucurbitaceae

COMMON NAMES Sessile-leafed cucumber

EDIBLE PARTS AND USES

Edible parts: Leaves, Tubers, Root, Fruit, Vegetable

CAUTION: The tubers may be poisonous unless processed.
The tubers are eaten raw or cooked. They can be boiled or roasted.
The unripe fruit are eaten cooked, as a vegetable.
Ripe fruit are eaten raw.
The leaves are used as a green vegetable.

DESCRIPTION

A pumpkin family herb. It is a slender perennial climber. It has thick tuberous roots. It grows to 5 m long. The stems are branched and have grooves along them. The leaves are 5 lobed. They do no have a stalk. The edges of the leaves have teeth. The flowers are separately male and female. The male flowers occur in clusters while the female flowers occur singly. The fruit is oblong amd red amd 12 cm long. The seeds are oval and flattened.

HABITAT

A tropical plant. It occurs on dry soils. It can grow between 315-1,800 m above sea level. It can grow in arid places.

PRODUCTION

Harvesting and Seed Production

The root tuber can weigh 25 kg.

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