PLANT FACT SHEET

Cyclanthera pedata (L.) Schrad.

GENUS *Cyclanthera* **FAMILY** Cucurbitaceae

COMMON NAMES Calabash gourd

EDIBLE PARTS AND USES

Edible parts: Leaves, Fruit, Flowers, Vegetable

Young fruit can be eaten raw or made into pickles. Mature fruit are cooked with oil and vinegar or added to soups and stews.
Leaves and shoots can be eaten.

DESCRIPTION

A creeping pumpkin family plant. It can easily grow 2 m long. It climbs using tendrils. These can be divided twice or many times. The leaves are lobed and have teeth along the edge. The flowers occur in the axils of leaves. The flowers are small and cream coloured. The fruit are like small cucumbers. They can have stout prickles. They are edible. There are 10 seeds in each fruit.

HABITAT

A tropical plant. It occurs in the Andes. It can be grown in warm temperate places. In the tropics it grows between 2,000-3,000 m above sea level. They grow in Nepal to about 2500 m altitude. In Argentina it grows between 500-2,800 m above sea level. In Yunnan.

PRODUCTION

Cultivation

Plants are grown from seed. A spacing of 90 cm is suitable. Plants should be staked.

Harvesting and Seed Production

It flowers in 40-55 days and fruit can be harvested in 80-90 days. There are normally several harvests of fruit.

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