PLANT FACT SHEET

Trochomeria debilis (Sond.) Hook. f.

GENUS *Trochomeria* **FAMILY** Cucurbitaceae

EDIBLE PARTS AND USES

Edible parts: Root, Tuber, Fruit

The large underground storage organ is roasted and eaten. The tuber is split in half and the bitter centre removed before roasting.
The fruit are eaten raw.

DESCRIPTION

A herb. It is a pumpkin family plant. It can lie along the ground or be a climber. It grows 1 m high. It keeps growing from year to year. The stems can have short hairs. It has simple tendrils. It has a large underground tuber. The leaves are 2-6 cm long by 2-11 cm wide. They are broadly oval and often have lobes. Male and female flowers are separate. Male flowers occur singly or in small groups and have short stalks. Female flowers have 1 cm long stalks. The seeds are 8-9 mm long by 5-6 mm wide and 3 mm thick.

HABITAT

It is a subtropical plant. It grows in deep well-drained soils. It can be amongst rocks or in sands or loams. It grows between 460-1,850 m above sea level. It can grow in arid places.

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