PLANT FACT SHEET

Luffa operculata (L.) Cogn.

GENUS *Luffa* **FAMILY** Cucurbitaceae

COMMON NAMES Sponge cucumber

EDIBLE PARTS AND USES

Edible parts: Fruit

Young fruits of non-bitter varieties are eaten cooked.

DESCRIPTION

A pumpkin family herb. It has tendrils 1-6 m long. The leaves are kidney shaped and 3-10 cm long. They usually have 3-5 lobes. The flowers are small and pale yellow. The fruit is dark brown when mature.

HABITAT

It is a tropical plant.

PRODUCTION

Cultivation

Plants are grown by seeds.

REFERENCES

Kermath, B. M., et al, 2014, Food Plants in the Americas: A survey of the domesticated, cultivated and wild plants used for Human food in North, Central and South America and the Caribbean. On line draft. p 497

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/66f12c1d-85ca-4f6e-9660-a5e30165afe8