PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Kedrostis nana (Lam.) Cogn.

GENUS *Kedrostis* **FAMILY** Cucurbitaceae

COMMON NAMES Dwarf kedrostis

EDIBLE PARTS AND USES

Edible parts: Root

DESCRIPTION

A pumpkin family herb. It has a tuber. It is a climber with tendrils that curl. The stems are angled. It grows 2.5 m long. The leaf shape varies. Leaves are heart shaped and have lobes. The flowers are pale yellow. Male flowers are in groups and female flowers occur singly. The fruit is oval and tapers to the tip. They are orange yellow when ripe.

HABITAT

It is a subtropical plant.

PRODUCTION

Cultivation

Plants are grown from seeds.

REFERENCES

Ruiters-Welcome, A. K., 2019, Food plants of southern Africa. Ph.D. thesis. Univ. of Johannesburg p 50

Wehmeyer, A. S, 1986, Edible Wild Plants of Southern Africa. Data on the Nutrient Contents of over 300 species

Welcome, A. K. & Van Wyk, B.-E., 2019, An inventory and analysis of the food plants of southern Africa. South African Journal of Botany 122 (2019) 136–179

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/6abcc424-1025-4b14-afa5-c38b554535db