PLANT FACT SHEET

Hodgsonia macrocarpa (Blume) Cogn.

GENUS *Hodgsonia* **FAMILY** Cucurbitaceae

COMMON NAMES Kadam seed, Chinese lardfruit

EDIBLE PARTS AND USES

Edible parts: Fruit, Seeds, Seeds - oil

The fruit are boiled before eating.
The seeds or kernels are roasted or baked then eaten. They are also crushed and cooked with fish, meat or vegetables. They are also pickled and also made into chutney.
The seeds yield an oil used for cooking.
Caution: The seeds should not be eaten in excess.

DESCRIPTION

A pumpkin family plant. It is a woody climber or tree. It grows 20-30 m long. The bark is dull and rough. The leaves have 3-5 lobes. The leaves are 15-25 cm long. They occur in groups of 3. The leaf stalk is long. Plants and flowers are separately male and female. The flowers are white. The fruit are very large. The fruit is smooth and not ridged. It has dark spots on the surface. They contain 8 oily seeds. The seeds are oval and 7-8 cm long.

HABITAT

A tropical plant. It grows in humid places. It grows between 1100-1600 m above sea level in Yunnan, China. It grows in subtropical broadleaved evergreen forest. In XTBG Yunnan.

PRODUCTION

Harvesting and Seed Production

In Northeastern India fruit are available April to July. In Sikkim June to November.

NOTES

There are 3 Hodgsonia species. It is used in medicine.

PICTURES



Credit: Food Plants International (Bruce French)

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