PLANT FACT SHEET

Benincasa fistulosa (Stocks) H. Schaef. & S. S. Renner

GENUS *Benincasa* **FAMILY** Cucurbitaceae

EDIBLE PARTS AND USES

Edible parts: Fruit, Vegetable

The fruit is cooked as a vegetable.

DESCRIPTION

A climbing pumpkin family plant. It grows each year from seed.

HABITAT

It is a tropical plant. It suits the seasonally dry tropics.

REFERENCES

Sabbah, A., et al, 2024, Women's Knowledge of Local Plants and Their Gastronomic Heritage in Chitral, NW Pakistan. Plants 2024, 13, 2747

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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/6fcc0d3a-c999-490b-9b98-1f06e510cb44