PLANT FACT SHEET

Coccinia palmata (Sond.) Cogn.

GENUS *Coccinia* **FAMILY** Cucurbitaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Roots, Fruit

The leaves are cooked and eaten.
The roots are eaten occasionally.

DESCRIPTION

A pumpkin family herb. It is a climber. The stem is smooth. The leaf stalk is 5 cm long. The leaf blade is divided into 5 broad lobes to about half their depth. The leaves are 15 cm long and wide. The leaves have a few hairs and many small black dots. They are wavy along the edge. The flowers occur singly. The flower stalks are 2 cm long. The flowers are yellow. The fruit are long and red. They are 4 cm long by 1 cm wide.

HABITAT

In Swaziland it grows in the high veld only. It grows at about 1,800 m above sea level. It cannot tolerate frost. It can grow in arid places.

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