PLANT FACT SHEET

Catunaregam spinosa (Thunb.) Tirvengadum

GENUS *Catunaregam* **FAMILY** Rubiaceae

COMMON NAMES Mountain pomegranate, Emetic nut, Thorny bone-apple

EDIBLE PARTS AND USES

Edible parts: Fruit, Flowers, Seeds, Leaves

Unripe fruit are pickled. The ripe fruit are cooked and eaten. The unripe fruit are cooked and eaten as a vegetable.
The flowers are cooked as a vegetable.
The ripe, roasted seeds are eaten.
The leaves are cooked and eaten as a vegetable.

DESCRIPTION

A large spiny shrub or small tree. It loses its leaves during the year. It grows to about 5 m high. The stems are thorny. The spines in the axils of leaves are 2.5-4 cm long. The bark is dark brown, rough and scaly, It has sharp spines 1-3 cm long. The leaves are opposite. The leaves are 2-10 cm long by 1-3.5 cm wide. They are oval and entire. The flowers are white and turn yellow at maturity. The flowers usually occur singly. They have a scent. They are on short, leafy small branches. The flower has a short hairy corolla tube with round spreading lobes. The fruit is yellow. It is round with slight ribs. The fruit are 2-4 cm long. There are many flattened seeds. The ripe fruit are edible.

HABITAT

A tropical plant. In Nepal it grows to about 1500 m altitude. It grows in open, dry places. It can grow in arid places. In the Himalayas it grows to 1200 m altitude. It grows in hot lower valleys in Nepal.

PRODUCTION

Cultivation

Plants are grown from seed. They can also be grown by cuttings.

Harvesting and Seed Production

In India, fruit are available Sept. to Jan.

NOTES

There are 5 or 6 Catunaregum species.
This may now be Catunaregam taylorii.
Unripe fruit are used to poison fish.

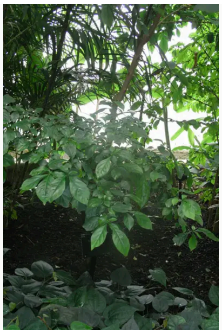
PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

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