PLANT FACT SHEET

Solena heterophylla Lour.

GENUS *Solena* **FAMILY** Cucurbitaceae

EDIBLE PARTS AND USES

Edible parts: Fruit, Leaves, Roots

The ripe fruit are eaten fresh. Unripe fruit are also eaten. They are eaten as a vegetable.
The roots are boiled and eaten. They are also dried and ground into flour.
The leaves are cooked and eaten.

DESCRIPTION

A pumpkin family plant. It is a climber which keeps growing from year to year. The leaves have stalks. The leaves are 3.5-17 cm long by 2-14 cm cm wide. They have 3-5 lobes and sometimes deep teeth along the edge. The tendrils can be simple or branched. The flowers are yellow. The fruit are bright red. They are oval.

HABITAT

A tropical plant. In Nepal it grows between 600-3000 m altitude. In Yunnan in China it grows below 1300 m altitude in secondary forest.

PRODUCTION

Cultivation

Plants are grown from seed.

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Wild edible plants of Himachal Pradesh

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