PLANT FACT SHEET

Solena amplexicaulis (Lam.) Gandhi

GENUS *Solena* **FAMILY** Cucurbitaceae

EDIBLE PARTS AND USES

Edible parts: Fruit, Vegetable, Roots, Leaves

The young fruit are cooked and eaten as a vegetable. The ripe fruit are eaten raw.
The tubers are boiled and eaten as a vegetable. They are also roasted and eaten and used in curries.
The young leaves are boiled and eaten.

DESCRIPTION

A pumpkin family plant. It is a climber. It has fleshy roots. The leaves vary in shape. They are 0.5-1.5 cm long. They are slender and lobed. They have a rough surface. The tendrils are simple. The flowers are yellow or white. They are 6 mm long by 4 mm wide. The fruit is 2.5 cm long by 1.5 cm wide. They are red when ripe. They have a rough surface. They contain several seeds. The seeds are small and grey. They are 8 mm long by 6 mm wide.

HABITAT

It is a subtropical plant. In the Himalayas it grows up to 2,000 m above sea level.

NOTES

There is only one Solena species. Probably same as next species.

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