PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Zehneria scabra (L. f.) Sond.

GENUS *Zehneria* **FAMILY** Cucurbitaceae

EDIBLE PARTS AND USES

Edible parts: Fruit, Leaves

The leaves are boiled in water and eaten.
Caution: Parts have been recorded as edible and also as poisonous.

DESCRIPTION

A herb. It is a pumpkin family plant. It is a climber. It keeps growing from year to year. The leaves are heart shaped and have sharp teeth along the edges. The fruit are round or oval and change from green to yellow or red.

HABITAT

It is a tropical plant. In Africa it grows between 600-2,250 m above sea level. It can grow in arid places.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/9eff79e2-c554-4f01-8c92-4418dfcd5d1e