PLANT FACT SHEET

Momordica foetida Schumach.

GENUS *Momordica* **FAMILY** Cucurbitaceae

EDIBLE PARTS AND USES

Edible parts: Vegetable, Leaves, Fruit, Root, Stems, Seeds

The young leaves are cooked and eaten. They are bitter. They are often cooked with pumpkin leaves. They are also added to maize porridge.
The pulp of the ripe fruit is eaten raw.
The aril or fleshy layer around the seeds is eaten.

DESCRIPTION

A herb. It is a pumpkin family plant. It is a creeper. It has a stout root. It can re-grow from this root. The vine can climb 7 m high. The leaves have a bad smell when crushed. The male flowers are in groups and female flowers occur singly on long stalks. The flowers are pale yellow. The fruit are 8 cm long. They turn yellow or orange when ripe. They are covered with soft prickles. They burst open exposing the seeds. The pulp is red.

HABITAT

A tropical plant. It grows in open clearings in forest in West Africa. It grows between 350-2,250 m above sea level. It can grow in arid places.

PRODUCTION

Cultivation

Plants can be grown from seeds.

Harvesting and Seed Production

Leaves are collected in the dry season. In Central African Republic it flowers and fruits in October.

NOTES

There are about 50 Momordica species.

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