PLANT FACT SHEET

Trochomeria macrocarpa (Sonder) Hook.f.

GENUS *Trochomeria* **FAMILY** Cucurbitaceae

COMMON NAMES Baboon cucumber

EDIBLE PARTS AND USES

Edible parts: Roots, Leaves, Stems, Fruit, Tuber

The fruit is eaten raw.
The roots are roasted or boiled and eaten. The central core can be bitter and is often removed.

DESCRIPTION

A herb. It is a pumpkin family plant. It is a climber. It grows new stems each year. The stems can be 2-6 m long. It has a woody rootstock that is fleshy and tuberous. This is large and like a yam and is deep in the ground. The leaves are 2-7 cm long by 2-8 cm wide. They are broadly oval. They are heart shaped. The have 5 lobes like fingers on a hand. It has simple tendrils. The fruit are 4-7 cm long by 2-3 cm wide. They are orange or red. The seeds are 9-10 mm long by 5-7 mm wide. They are white.

HABITAT

It is a tropical plant. It grows in deciduous woodland and savannah. It grows amongst rocks and in sand. It grows between 610-1525 m above sea level. It can grow in arid places.

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