PLANT FACT SHEET

# *Sechium tacaco* (Pittier) C. Jeffrey

**GENUS** *Sechium* **FAMILY** Cucurbitaceae

**COMMON NAMES** Tacaco

## EDIBLE PARTS AND USES

**Edible parts:** Fruit, Leaves, Shoots, Seeds

The young green fruit are boiled as a vegetable. The spin skin is removed. They are also pickled. The vegetable is used in soup.

## DESCRIPTION

A pumpkin family plant. It is a climbing vine. The leaves are simple and alternate. The leaf blades are 9-16 cm long by 9-15 cm wide. There are 3-5 lobes. The fruit are 5-6 cm long and oval. There are spines at one end. There is one seed.

## HABITAT

A tropical plant. It grows in the highlands of Costa Rica. It grows in humid places between 900-1,500 m altitude.

## PRODUCTION

### Cultivation

The whole fruit is sown.

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