PLANT FACT SHEET

Gunnera perpensa L.

GENUS *Gunnera* **FAMILY** Gunneraceae

COMMON NAMES River pumpkin

EDIBLE PARTS AND USES

Edible parts: Leaves, Stem, Roots, Flowers

The leaf stalk is eaten raw. The stem is eaten raw as a relish. It is bitter unless the fibres and other coverings are removed.
It is also used for making beer.
The roots are eaten after removing the outer skin.

DESCRIPTION

A fleshy perennial herb. It forms suckers. It does not have a stem above ground. The leaves arise from the ground. The leaves are large and kidney shaped and 30 cm across. The leaf stalks are 60 cm long. The flowering stalk arises from the ground. It can be 90 cm high. The flowers are small and coppery-red in open sprays. The fruit are somewhat fleshy.

HABITAT

It is a tropical plant. They grow in wet boggy conditions. It grows on the edges or rivers and pools. It is rare in Swaziland. In Zimbabwe it grows above 1,500 m above sea level.

PRODUCTION

Cultivation

Plants can be grown from tuberous rhizomes. It can be grown from divided clumps.

NOTES

There are about 68 Gunnera species. They are in the southern hemisphere and in cool or cold places.

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PROVIDED BY **Food Plants International**

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/f0f099b6-4dec-4231-adc5-ead613f9f025