PLANT FACT SHEET

Corallocarpus welwitschii (Naud.) Hook. f. ex Welw.

GENUS *Corallocarpus* **FAMILY** Cucurbitaceae

EDIBLE PARTS AND USES

Edible parts: Roots, Stems, Leaves, Fruit

The stems are cooked in water or milk.
The leaves are eaten raw and also cooked in water or milk.
The ripe fruit are sweet and eaten raw.
The roots are bitter and are baked in the ashes.

DESCRIPTION

A pumpkin family herb. It lie along the ground or can be a climber. It is 1 m long. It keeps growing from year to year. It has a taproot and puts out annual stems. The fruit are oblong and 2 cm long.

HABITAT

A tropical plant. It grows in hot arid areas with a marked dry season. It grows in sands. It can grow in arid places.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/f511b079-737f-4504-bb06-2dbb17fbd5bc