PLANT FACT SHEET

Coccinia adoensis (Hochst ex A. Rich.) Cogn.

GENUS *Coccinia* **FAMILY** Cucurbitaceae

COMMON NAMES Mutkuru

EDIBLE PARTS AND USES

Edible parts: Tuber, Root, Fruit, Leaves, Vegetable

CAUTION: The roots are poisonous unless carefully cooked.
The leaves are cooked and eaten.
The fruit are eaten raw when ripe or cooked as a vegetable.
The roots are eaten after processing. They need to be well cooked.

DESCRIPTION

A pumpkin family herb. It is a slender climber. It has annual climbing stems. It grows up to 6 m long. The stems are furrowed and hairy when young. The leaves are deeply lobed and look like fingers on a hand. The edges of the leaves have shallow teeth. The leaf shape can vary on the one plant. The flowers are separately male and female on separate plants. Male flowers are yellow and in clusters. The female flowers are small, yellow and occur singly. The fruit is oblong and about 2.5-5 cm long. It is bright red when ripe.

HABITAT

A tropical plant. It occurs in medium to low rainfall areas. It grows with rainfalls of 450-800 mm. It grows from sea level to 2,140 m above sea level. It can grow in arid places. It often grows on termite mounds.

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