



PLANT FACT SHEET

Momordica rostrata A. Zimm.

GENUS *Momordica* FAMILY Cucurbitaceae

EDIBLE PARTS AND USES

Edible parts: Fruit, Leaves, Seeds, Vegetable

The leaves and fruit are boiled and eaten. They are also used in relishes and chutneys.

The young tender leaves are cooked and eaten alone or mixed with amaranth.

Ripe fruit are sweet and edible.

The seeds are roasted and eaten.

DESCRIPTION

A herb. It lies along the ground or can be climbing. It has tendrils. It has a fleshy rootstock. The stems can be 7 m long and become woody. The leaves are alternate. They have about 9 lobes. The central leaflet is almost round and 1-5 cm long by 1-3 cm wide and the side leaflets are smaller. Male and female flowers are separate. Male flowers are in groups and female flowers occur singly. The fruit are oval berries. They are 3-7 cm long and 2-3 cm wide. The pulp is bright red with many seeds.

HABITAT

It is a tropical plant. In Tanzania it grows in dry woodland from sea level to 1,650 m altitude. It grows in rocky places. It can grow in arid places. In the Brisbane Botanical Gardens.

PRODUCTION

Cultivation

Plants can be grown from seeds.

REFERENCES

- Bosch, C.H., 2004. *Momordica rostrata* A.Zimm. [Internet] Record from Protabase. Grubben, G.J.H. & Denton, O.A. (Editors). PROTA (Plant Resources of Tropical Africa), Wageningen, Netherlands. <<http://database.prota.org/search.htm>>. Accessed 20 October 2009.
- Grubben, G. J. H. and Denton, O. A. (eds), 2004, Plant Resources of Tropical Africa 2. Vegetables. PROTA, Wageningen, Netherlands. p 391
- Lulekal, E., et al, 2011, Wild edible plants in Ethiopia: a review on their potential to combat food insecurity. *Afrika Focus* - Vol. 24, No 2. pp 71-121
- Mutie, F. G., 2020, Conservation of Wild Food Plants and Their Potential for Combatting Food Insecurity in Kenya as Exemplified by the Drylands of Kitui County. *Plants* 2020, 9, 1017
- Mutie, F. M., et al, 2023, Important Medicinal and Food Taxa (Orders and Families) in Kenya, Based on Three Quantitative Approaches. *Plants* 2023, 12, 1145
- Newman, 1970,
- Ngugi, G., 1999, Case study from Kenya in Indigenous Wild Vegetables. Workshop in Kenya. USAID p 51
- Njoroge, G. & Newton, L. E. 1994, Edible and Poisonous Species of Cucurbitaceae in the Central Highlands of Kenya. *Journal of East African Natural History*. 83:101-115
- Peters, C. R., O'Brien, E. M., and Drummond, R.B., 1992, Edible Wild plants of Sub-saharan Africa. *Kew*. p 102

Royal Botanic Gardens, Kew (1999). Survey of Economic Plants for Arid and Semi-Arid Lands (SEPASAL) database. Published on the Internet; <http://www.rbgekew.org.uk/ceb/sepasal/internet> [Accessed 16th April 2011]

Ruffo, C. K., Birnie, A. & Tengnas, B., 2002, Edible Wild Plants of Tanzania. RELMA p 476

Termote, C., et al, 2014, Assessing the potential of wild foods to reduce the cost of a nutritionally adequate diet: An example from eastern Baringo District, Kenya. Food and Nutrition Bulletin, vol. 35, no. 4

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

PROVIDED BY Food Plants International

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET <https://www.echocommunity.org/en/resources/ffbf0e5a-cd12-44f2-8316-86976168c08e>