

BOTTLE GOURD

Lagenaria siceraria

Bottle Gourds are an abundant climbing plant that produce a range of different sized and shaped fruits depending on the variety. Not only do they produce a huge amount of food but they can also be dried to use as bowls, cups, bottles, and other vessels or containers.



SEEDS

Young seeds are edible just like a cucumber but as they mature they get hard and unpalatable.

FLOWERS

The flowers are edible and the young bottle gourds.



FLESH

Flesh is watery and creamy and similar to a zucchini.

LEAVES

The leaves and young hoot and stems are edible. Great to add to stir fries and curries.