

CUSHAW PUMPKIN

Cucurbita argyrosperma

Cucurbitaceae

ECHO® KARATASI YA MAELEZO YA KUPANDA

Maelezo

Cushaw pumpkins are a herbaceous, vining, winter squash grown for the edible flesh and seeds. Flowers and tender shoots are also edible. The seeds are high in oil and protein and can be eaten roasted or ground up for an ingredient in sauces. The flesh is eaten as a vegetable and can be used in pies.

asili

Mexico

Majina ya Kawaida

- English
 - Cushaw Pumpkin

Marejeleo

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