Chart 4

A COMPARISON OF FRUIT VEGETABLES

Common Name	Species Name	Annual/ Perennial	Growth Habit	Edible Parts and Uses	Principal Nutrients	Adaptation			Negative Factors
						Temp	Flood	Dry	
Angled luffa	Luffa acutangula	annual	climbing vine	young fruit	low nutritional value	hot	no	no	poisonous seeds
Bitter gourd	Momordica charantia	annual	climbing vine	young fruit, leaves	vit. C	hot	no	yes	very bitter
Bottle gourd/ Cucuzzi	Lagenaria siceraria/ Lagenaria sp.	annual	climbing vine	young fruit, seed	low nutrit. value, seeds high in oil and protein	warm \hot	some	no	low nutrit. value
Chayote	Sechium edulis	perennial	climbing vine	mature fruit, vine tips, roots	tips high in vitamins, minerals	warm	some	no	needs cool nights
Eggplant	Solanum melongena	weak perennial	bush	young fruit	low nutrit. value	warm \hot	some	some	low nutrit. value
Melon	Cucumis melo	annual	trailing vine	mature fruit	low nutritive value	hot	no	no	many diseases
Okra	Abelmoschus esculentus	annual	bush	young fruit, dried seed	fair source of most nutrients	hot	no	some	summer only
Pepper	Capsicum annuum	weak perennial	bush	yng\mature fruit, leaves	vitamins A,C	warm \hot	no	some	virus susceptible
Pumpkin, tropical	Cucurbita moschata	weak perennial	trailing vine	yng\mature fruit, buds,	vit A,C., seeds high in	hot	some	no	mildew

				seeds, vine tips	oil and protein				
Snake gourd	Trichosanthus cucumerina	annual	climbing vine	young fruit	low nutrit. value	hot	no	no	poor quality
Sponge gourd	Luffa cylindrica	annual	climbing vine	yng fruit, mature sponges	low nutrit. value	hot	no	no	low nutrit. value
Tomato	Lycopersicon esculentum	annual/ weak per.	bush or wk vine	yng\mature fruit	vitamins A,C	warm	no	no	many diseases
Wax gourd	Benincasa hispida	annual	climbing vine	young fruit, seed for oil	low nutrit. value, seeds high in oil and protein	hot	no	no	low nutrit. value

* All plants listed are daylength neutral and are propagated by seeds; chayote, pumpkin and tomatoes can also be propagated by cuttings.