Luffa Gourd

Luffa cylindrica



Luffa Gourd fruit
Photo courtesy of NetPS Plant Finder

Height: 3 feet

Spread: 12 feet

Sunlight: ○

Hardiness Zone: (annual)

Other Names: Luffa aegyptiaca, Sponge Gourd, Egyptian Cucumber

Description:

Thriving in hot conditions, this variety grows vigorous vines and large fruit; dark green fruit can reach over 12" long; edible when picked at baby stage; fruit is inedible at fully mature stage due to fibrous interior; mainly used to make bath sponges

Edible Qualities

Luffa Gourd is an annual vegetable plant that is commonly grown for its edible qualities. It produces dark green long fruit with creamy white flesh which can be harvested at any point. The fruit will often fade to harvest gold over time. The fruits have a pleasant taste.

The fruit are most often used in the following ways:

- Eating When Cooked/Prepared
- Cooking
- Baking
- Freezing

Planting & Growing

Luffa Gourd will grow to be about 3 feet tall at maturity, with a spread of 12 feet. Because of its vigorous growth habit, it may require staking or supplemental support. This vegetable plant is an annual, which means that it will grow for one season in your garden and then die after producing a crop.

This plant is typically grown in a designated vegetable garden. It should only be grown in full sunlight. It requires an evenly moist well-drained soil for optimal growth, but will die in standing water. It may require supplemental watering during periods of drought or extended heat. This plant is a heavy feeder that requires frequent fertilizing throughout the growing season to perform at its best. It is not particular as to soil pH, but grows best in rich soils. It is somewhat tolerant of urban pollution. Consider applying a thick mulch around the root zone over the growing season to conserve soil moisture. This species is not originally from North America..