

# Uses

ID	416
Crop ID	Nara Melon
Part	Seed
Use Category	Food
Notes	The seeds of nara, known as butter-nuts or butterpips, are eaten either fresh or roasted as a snack food, or ground into flour for cooking with other dishes. They are a good substitute for almonds, and have been exported to bakeries in Cape Town for use in confectionery.
Metadata ID	7,617