

Uses

ID	417
Crop ID	Nara Melon
Part	Fruit
Use Category	Food
Notes	In Namibia ripe fruits, which are sweet and juicy and about 900 g in weight, are either eaten raw and relished for their high water content, or made into a traditional preserve, the dried fruit pulp being made into flat cakes. Nara is also eaten as a famine food.
Metadata ID	7,617