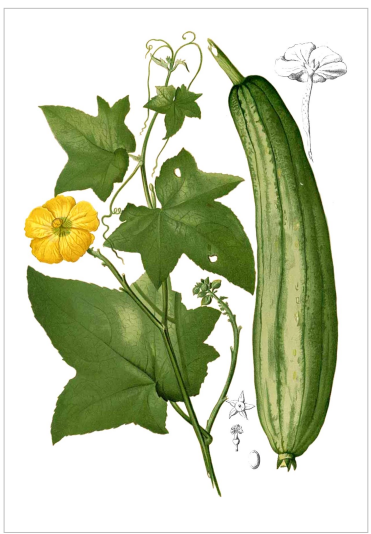
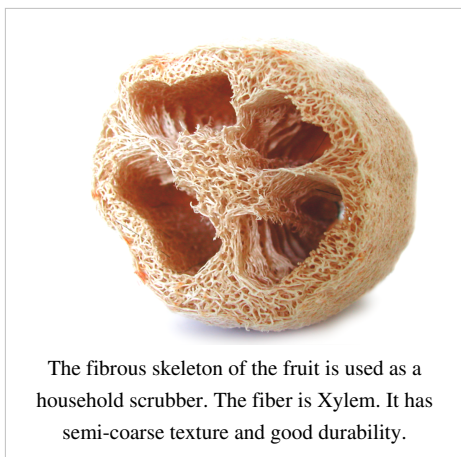


# Luffa aegyptiaca

<i>Luffa aegyptiaca</i>	
	
<b>Egyptian luffa fruit</b>	
Scientific classification	
Kingdom:	Plantae
(unranked):	Angiosperms
(unranked):	Eudicots
(unranked):	Rosids
Order:	Cucurbitales
Family:	Cucurbitaceae
Genus:	<i>Luffa</i>
Species:	<i>L. aegyptiaca</i>
Binomial name	
<i>Luffa aegyptiaca</i> Mill. <sup>□</sup>	
Synonyms <sup>□</sup>	
<ul style="list-style-type: none"> <li>• <i>Cucurbita luffa hort.</i></li> <li>• <i>Luffa cylindrica</i> M.Roem.</li> <li>• <i>Luffa aegyptica (lapsus)</i></li> <li>• <i>Luffa pentandra</i> Roxb.</li> <li>• <i>Momordica cylindrica</i> L.</li> <li>• <i>Momordica luffa</i> L.</li> </ul>	



#### Dishcloth gourd, cooked, no salt

Nutritional value per 100 g (3.5 oz)	
<b>Energy</b>	56 kJ (13 kcal)
<b>Carbohydrates</b>	14.34 g
- Sugars	5.17 g
- Dietary fiber	2.9 g
<b>Fat</b>	0.34 g
<b>Protein</b>	0.66 g
Vitamin A	260 IU
Thiamine (vit. B <sub>1</sub> )	0.046 mg (4%)
Riboflavin (vit. B <sub>2</sub> )	0.042 mg (4%)
Niacin (vit. B <sub>3</sub> )	0.26 mg (2%)
Vitamin B <sub>6</sub>	0.099 mg (8%)
Folate (vit. B <sub>9</sub> )	12 µg (3%)
Vitamin C	5.7 mg (7%)
Vitamin E	0.24 mg (2%)
Vitamin K	1.7 µg (2%)
Calcium	9 mg (1%)
Iron	0.36 mg (3%)
Magnesium	20 mg (6%)
Phosphorus	31 mg (4%)
Potassium	453 mg (10%)
Sodium	21 mg (1%)
Zinc	0.17 mg (2%)
Link to USDA Database entry <sup>[1]</sup> Percentages are relative to US recommendations for adults. Source: USDA Nutrient Database <sup>[2]</sup>	

*Luffa aegyptiaca* is a species of *Luffa* grown for its fruit. The fruit somewhat resembles a cucumber. The young fruit is eaten as a vegetable and is commonly grown for that purpose in tropical Asia. Unlike the young fruit, the fully ripened fruit is strongly fibrous and is used to make scrubbing bath sponges. Due to the use of the ripe fruit as a scrubbing sponge, it is also known by the common names **dishrag gourd**, **rag gourd**, **sponge gourd**, and **vegetable-sponge**.<sup>[1]</sup> It is also called **smooth luffa** to distinguish it from the ridged luffa, which is another species of luffa used for the same purposes.<sup>[1]</sup> In English, the name is also spelled **loofah**.

The plant is an annual, native to South and Southeast Asia (in Vietnamese language it is called *mướp hương*). As a tropical plant, it requires lots of heat and lots of water to thrive. It is a climbing vine and is best grown with a trellis support.<sup>[3]</sup> The fruits, which are about 30 cm long, hang vertically (unlike their relatives the cucumbers, where the fruits grow on the ground horizontally). Sometimes *L. aegyptiaca* is grown as an ornamental vine. It has big yellow flowers before the fruits form.

Its botanical specific epithet, "*aegyptiaca*" (sometimes misspelled "*aegyptica*") was given to it because in the early 18th-century European botanists were introduced to the plant from its cultivation in Egypt. In the European botanical literature, the plant was first described in 1706 by the botanist Tournefort, who called it "Luffa Arabum" (see *Luffa*).

## References and external links

[1] <http://ndb.nal.usda.gov/ndb/search/list?qlookup=11221&format=Full>

[2] <http://ndb.nal.usda.gov/ndb/search/list>

[3] *A Legacy of Luffa* (<http://www.gardenguides.com/396-legacy-luffa.html>), by Elizabeth Harwick, who grows *Luffa aegyptiaca* successfully in South Carolina.

- *Luffa aegyptiaca* at Floridata ([http://www.floridata.com/ref/l/luff\\_aeg.cfm](http://www.floridata.com/ref/l/luff_aeg.cfm))
- Multilingual taxonomic information at the University of Melbourne (<http://www.plantnames.unimelb.edu.au/Sorting/Luffa.html>)
- *Luffa aegyptiaca* Picture ([http://www.fmnh.helsinki.fi/nayttelyt/ktp/sisalto/kasvihuoneet/Luffa\\_aegyptica.jpg](http://www.fmnh.helsinki.fi/nayttelyt/ktp/sisalto/kasvihuoneet/Luffa_aegyptica.jpg))
- *Luffa aegyptiaca* ([http://www.westafricanplants.senckenberg.de/root/index.php?page\\_id=13&preview=true&searchTextMenu=Luffa+aegyptiaca&search=Wikitemplate](http://www.westafricanplants.senckenberg.de/root/index.php?page_id=13&preview=true&searchTextMenu=Luffa+aegyptiaca&search=Wikitemplate)) in West African plants - A Photo Guide. (<http://www.westafricanplants.senckenberg.de/>)

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