

Luffa

Luffa acutangula



Luffa (*Luffa aegyptiaca*) is a large, fast-growing tendriled vine that hails from southeast Asia.

When to plant: Spring **Harvest:** Summer

Uses : The fruit section of *L. aegyptiaca* may be allowed to mature and used as a bath or kitchen sponge after being processed to remove everything except the network of xylem fibers. If the loofah is allowed to fully ripen and then dried on the vine, the flesh disappears, leaving only the fibrous skeleton and seeds, which can be easily shaken out. Marketed as luffa or loofah, the sponge is used as a body scrub in the shower.