

Tindora – Ivy Gourd- *Coccinia grandis*

Tindora, also known as scarlet gourd and kowai fruit is a tropical fruiting vine. It is commonly found in the southern Indian states, where it forms a part of the local cuisine. Young fruits are cooked as a vegetable or because of its “cucumberish” flavor, eaten raw in salads. Grows well in the Keys, preferring full sun to be able to fruit all year long.



Doesn't appear to be bothered by pests or by iguanas.

Tindora leaves are nutritious, edible green leaves popular in Southeast Asian cuisine, often used in soups, stir-fries, or chutneys.

The young shoots and leaves are a nutritional powerhouse, rich in vitamins and antioxidants, offering health benefits like improved metabolism and blood sugar regulation.

Like its leaves, young unripe fruits are also exceptionally rich in phytochemicals like Kaempferol. More commonly found in plants like tea, broccoli, and kale in the West, Kaempferol is widely studied for its potent anti-inflammatory, anticancer, and anti-oxidative properties, which help reduce chronic disease risks by reducing oxidative stress and regulating cell signaling pathways. Kaempferol can induce cancer cell death (apoptosis), inhibit cancer growth, and reduce angiogenesis (growth of new blood vessels in tumors).

In addition to kaempferol, tindora contains other related flavonoids, including quercetin and rutin, which contribute to its overall therapeutic profile. As the fruits ripen into bright red with a sweetish quality and texture similar to persimmon, the phytochemical tiliroside increases. Tiliroside is known to manage blood sugar levels, reduce weight, inhibit visceral fat, and activate adiponectin signaling.



Tindora is hardy to zone 9 and thrives year round in our tropical climate where it typically flowers and produces fruit all year. This is especially useful when other vegetables like cucumber and summer squash falter.

The vine needs strong support and can be aggressive. Occasional pruning is required to prevent dramatic spread. Preferring well-drained soil it is very productive in a wide range of soil types as long as it has enough sun and moisture. Once established it does not appear to need additional watering.

Tindora does not usually grow true to seed and is normally propagated by cuttings.