PLANT FACT SHEET

Ficus triloba Buch.-Ham. ex Voigt

GENUS *Ficus* **FAMILY** Moraceae

COMMON NAMES Hong Kong wild fig

EDIBLE PARTS AND USES

Edible parts: Fruit

The ripe fruit are eaten.
The unripe fruit are cooked as a vegetable.

DESCRIPTION

A fig. It is a shrub or tree up to 15 m tall. The small branches have dense yellow hairs. The branches are stout and 8-11 mm wide. They are hollow. The leafy twigs are often hollow. The leaves are narrowly oval with lobes spread out like fingers on a hand. There are 3-7 lobes. There are teeth along the edge. The leaves are 10-40 cm long by 6-40 cm wide. The figs usually occur singly without a stalk. They are 1.5-2 cm long and covered with dense golden hairs.

HABITAT

It is a tropical plant. It suits hillsides. In the Indian Himalayas it grows between 700-1,900 m above sea level.

REFERENCES

Bohra, N., et al, 2017, Ethnobotany of wild edible plants traditionally used by the local people in the Ramnagar regions from Nainital District, Uttarakhand, India. Biolife 5(1): 12-19 (As Ficus roxburghii)

Gangwar, A. K. & Ramakrishnan, P. S., 1990, Ethnobotanical Notes on Some Tribes of Arunachal Pradesh, Northeastern India. Economic Botany, Vol. 44, No. 1 pp. 94-105 (As Ficus hirsuta)

Hu, Shiu-ying, 2005, Food Plants of China. The Chinese University Press. p 358 (As Ficus esquiroliana)

Pandey, Y., Upadhyay, S. & Bhatt, S. S., 2018, Phyto-chemical constituent os some wild edible fruits of Sikkim Himalaya. Journal of Pharmacognosy and Phytochemistry 2018; 7(3): 1045-1047 (As Ficus roxburghii)

Parmar, C., & Kaushel, M. K., 1982, In Wild Fruits. Kalyani Publishers, New Delhi, India. p 35 (As Ficus roxburghii)

Sharma, P., et al, 2013, Wild edibles of Murari Devi and surrounding areas in Mandi district of Himachal Pradesh, India. International Journal of Biodiversity and Conservation. Vol. 5(9), pp. 580-592, September 2013 (As Ficus roxburghii)

Sundriyal, M. & Sundriyal, R. C., 2004, Structure, Phenology, Fruit Yield, and Future Prospects of some Prominent Wild Edible Plant Species of the Sikkim Himalaya, India. Journal of Ethnobiology 24(1): 113-138 (As Ficus roxburghii)

Suresh, C. P. et al, 2014, Wild Edible Tree Fruits of Sikkim Himalayas. Journal of Tree Sciences 33(1): 43-48 (As Ficus roxburghii)

Tomar, A., Kumar, A., & Dubey, K., 2002, Underutilized Wild Edible fruits of Nutritional and Medicinal Value. J. Res. Educ. Indian Med., Vol XX1 (As Ficus roxburghii)

www.eFloras.org Flora of China (As Ficus esquiroliana)

Zeven, A. C. & de West, J. M. J., 1982, Dictionary of cultivated plants and their regions of diversity. Wageningen. p 78 (As Ficus roxburghii)

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/06eb6679-cdd4-4f96-b7dc-68b349577d03