PLANT FACT SHEET

Syzygium formosum (Wallich) Masam.

GENUS *Syzygium* **FAMILY** Myrtaceae

COMMON NAMES Ambake

EDIBLE PARTS AND USES

Edible parts: Fruit, Calyx, Flowers

The ripe fruit are edible.
The calyces are used as a vegetable. They are cooked with other vegetables or fish.
Young leaves are eaten as a fresh vegetable along with other vegetables and herbs and boiled pork.

DESCRIPTION

A tree. It has widely spreading branches. The bark is ash coloured. It has scars from where the leaves fell. The leaves have leaf stalks. The leaves are crowded at the ends of small branches. They are oblong and taper to a point. They are leathery and shiny above but paler underneath. They can be heart shaped at the base. The flowers are purple and turn red. The fruit is a berry. It is round but flattened.

HABITAT

A subtropical plant. In Nepal it grows to 300 m altitude. It grows in open places. In Sikkim is grows between 300-1,300 m above sea level.

PRODUCTION

Cultivation

Plants are grown from seed.

NOTES

There are about 550 Eugenia species. They are mostly in tropical and subtropical South America.

REFERENCES

Ambasta, S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 210

Aryal, K. P. et al, 2009, Uncultivated Plants and Livehood Support - A case study from the Chepang people of Nepal. Ethnobotany Research and Applications. 7:409-422 (As Eugenia formosa)

Dobriyal, M. J. R. & Dobriyal, R., 2014, Non Wood Forest Produce an Option for Ethnic Food and Nutritional Security in India. Int. J. of Usuf. Mngt. 15(1):17-37

Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 297 (As Eugenia formosa Cambess in Brazil)

Manandhar, N.P., 2002, Plants and People of Nepal. Timber Press. Portland, Oregon. p 225 (As Eugenia formosa)

Mukhia, P.K., et al, 2013, Wild plants as Non Wood Forest Products used by the rural community of Dagana, a southern foothill district of Bhutan, SAARC Journal, 27 pages

Pasha, M. K. & Uddin, S. B., 2019, Minor Edible Fruits of Bangladesh. Bangladesh J. Plant Taxon. 26(2): 299–313

Patiri, B. & Borah, A., 2007, Wild Edible Plants of Assam. Geethaki Publishers. p 55

Sarma, H., et al, 2010, Updated Estimates of Wild Edible and Threatened Plants of Assam: A Meta-analysis. International Journal of Botany 6(4): 414-423

Sawian, J. T., et al, 2007, Wild edible plants of Meghalaya, North-east India. Natural Product Radiance Vol. 6(5): p 416 (As Eugenia formosa)

Sharma, G., et al, 2016, Agrobiodiversity in the Sikkim Himalaya. International Centre for Integrated Mountain Development, ICIMOD Working Paper 2016/5 p 20 (As Jambosa formosa)

Singh, V. B., et al, (Ed.) Horticulture for Sustainable Income and Environmental Protection. Vol. 1 p 216 (As Eugenia formosa and Syzygium mappaceum)

Tanaka, Y & Van Ke, N., 2007, Edible Wild Plants of Vietnam. Orchid Press. p 86 (As Syzygium formosum var. ternifolium)

Zeven, A. C. & de West, J. M. J., 1982, Dictionary of cultivated plants and their regions of diversity. Wageningen. p 60 (As Eugenia formosa)

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/0dcaa27d-0441-45b5-8613-2ca423c1bb5c