PLANT FACT SHEET

# *Ficus pungens* Reinw. ex Blume

**GENUS** *Ficus* **FAMILY** Moraceae

**COMMON NAMES** Lovo

## EDIBLE PARTS AND USES

**Edible parts:** Leaves

The young leaves are cooked and eaten with meat.

## DESCRIPTION

A fig. It is a tall tree with large leaves 30 cm long and 25 cm wide. Young leaves are light green. They have teeth along the edge and are rough on both surfaces. They have 10 pairs of side veins. Stalks have very sharp thorns. These can fall off. The fruit are small (0.5 cm) and in clusters along long stalks hanging from the trunk. The stalks can be 50-80 cm long. The fruit are greenish-yellow but turn red as they ripen.

## HABITAT

A tropical plant. Normally near streams and drains. Trees grow from sea level up to about 1800 m.

## PRODUCTION

### Cultivation

Trees are mostly self sown.

## NOTES

There are about 800-1000 Ficus species. They are mostly in the tropics. There are 120 Ficus species in tropical America.

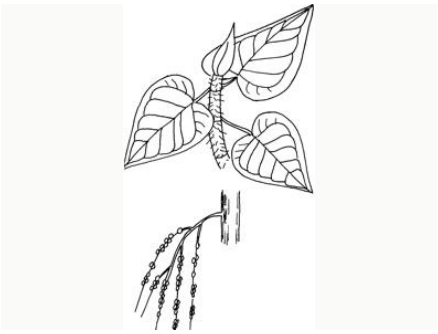
## PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



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**ONLINE FACT SHEET** https://www.echocommunity.org/en/resources/0f14a42b-7f03-4abe-8957-65ee655d170d