PLANT FACT SHEET

Mammea suriga (Wight) Planch. & Triana

GENUS *Mammea* **FAMILY** Calophyllaceae

COMMON NAMES Indian laurel, Ceylon ironwood, Indian mammee apple

EDIBLE PARTS AND USES

Edible parts: Fruit, Buds - spice

The fruit are eaten raw.

DESCRIPTION

A large tree. It grows 18 m tall. The bark is rough. The small branches are 4 angled. The leaves are opposite at the ends of branches. The leaves are oblong to sword shaped. They are 12-20 cm long by 5-8 cm wide. Flowers can have male and female parts in separate flowers or in the same flower. They are white or pink and about 1 cm across. The fruit are oval berries 2-3 cm long by 1-1.5 cm wide. There are 1-4 seeds. These are 2 cm long by 1 cm wide. The fruit is like an acorn.

HABITAT

A tropical plant. It grows in evergreen and deciduous forests. It suits the wet tropics. It grows in open evergreen forests up to 700 m above sea level.

PRODUCTION

Harvesting and Seed Production

In south India plants flower and fruit March to July.

NOTES

There are about 27 Mammea species. They grow in the tropics. Also put in the family Clusiaceae.

REFERENCES

Ambasta, S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 353 (As Mammea longifolia)

Burkill, I.H., 1966, A Dictionary of the Economic Products of the Malay Peninsula. Ministry of Agriculture and Cooperatives, Kuala Lumpur, Malaysia. Vol 2 (I-Z) p 1596 (As Ochrocarpus longifolius)

Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 444 (As Ochrosia longifolius)

Jadhav, R., et al, 2015, Forest Foods of Northern Western Ghats: Mode of Consumption, Nutrition and Availability. Asian Agri-History Vol. 19, No. 4: 293-317

Jardin, C., 1970, List of Foods Used In Africa, FAO Nutrition Information Document Series No 2.p 150 (As Ochrocarpus longifolius)

Singh, H.B., Arora R.K.,1978, Wild edible Plants of India. Indian Council of Agricultural Research, New Delhi. p 66

van Wyk, B., 2005, Food Plants of the World. An illustrated guide. Timber press. p 239

WATT (As Ochrocarpus longifolius)

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/1a14b00d-a539-4a2c-a523-931a8a06de6c