PLANT FACT SHEET

Garcinia cowa Roxb. ex DC.

GENUS *Garcinia* **FAMILY** Clusiaceae

COMMON NAMES Cowa

EDIBLE PARTS AND USES

Edible parts: Fruit, Leaves, Spice, Seeds

The mature ripe fruit are eaten. They are eaten raw. They are sticky. They are also used for jams and preserves. The fruit can be sliced and dried and stored. They are also used for pickles. They are also used in soups.
The young leaves are cooked and used as a vegetable. They are used in pork curry and also with fish.
The seeds of the ripe fruit are eaten.

DESCRIPTION

A tree. It grows 8-12 m tall. The trunk can be 30-50 cm across. The trunk is straight but usually with many knots. The crown is oval and the leaves are dark green. The small branches are often 4 sided. The leaves are narrowly sword shaped and 7-12 cm long by 3-5 cm wide. The flowers are yellow and 1 cm across. Male and female flowers are separate. The fruit is rounded with 4-8 segments. It is 3-4 cm across. There are 6-10 seeds with a layer around them.

HABITAT

A tropical plant. It grows in humid mixed forests on hills or in valleys from 100 m altitude but mostly between 400-900 and occasionally to 1300 m in southern China. In XTBG Yunnan.

PRODUCTION

Cultivation

Plants can be grown from seeds. They can also be grown by grafting.

Harvesting and Seed Production

Trees take 3 years before having leaves ready for harvest. In NE Thailand fruit are available August to September.

NOTES

There are about 300 Garcinia species.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



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