PLANT FACT SHEET

Lacmellea utilis (Arn.) Markgr..

GENUS *Lacmellea* **FAMILY** Apocynaceae

COMMON NAMES Cow tree

EDIBLE PARTS AND USES

Edible parts: Latex, Fruit

The latex in the bark is sweet and edible. It is used as a milk substitute in tea and coffee.
The fruit are eaten and have a rich flavour.

DESCRIPTION

A tree. It grows 8-10 m tall. The trunk does not have spines. It has lots of latex. The leaf stalk is about 1 cm long. The leaves are 6-8 cm long by 2-3 cm wide. The base is wedge shaped and they taper to the tip. The flowering shoots have 15 flowers. The fruit is a round berry. It is shiny and yellow when ripe.

HABITAT

It is a tropical plant. It grows in the moist lowland tropics. It grows in swamp forest. It grows up to about 600 m above sea level.

PRODUCTION

Cultivation

Plants can be grown from seeds.

Harvesting and Seed Production

In Guyana plants flower in September and produce fruit in May.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/2026487e-1ce4-4eb6-b623-0d881c03933a