PLANT FACT SHEET

Chrysobalanus icaco L.

GENUS *Chrysobalanus* **FAMILY** Chrysobalanaceae

COMMON NAMES Cocoplum, Icaco

EDIBLE PARTS AND USES

Edible parts: Fruit, seeds, Oil, Nuts, Leaves

The fruit are normally used for preserves. They are also candied. They can be eaten raw. They are used for jams and jellies. For preserves the fruit is pierced through including the kernel to allow the syrup to penetrate.
The seed kernel is roasted and eaten. (The shell is removed)

DESCRIPTION

A shrub or small evergreen tree. It grows 1-6 m tall. The branches are long, flexible and whip-like. The leaves are evenly spaced and leathery. They are rounded and stiffly erect. They are simple and rich green. The flowers are small and greenish-white. They are in erect clusters in the axils of the leaves. The fruit is smooth and white, yellow, red, black or purple. It has a cotton like pulp. The fruit contains a large nut-like edible seed with 5 ridges.

HABITAT

It is a tropical plant. It grows in the hot tropical lowlands. It grows in sandy coastal locations. The soil needs to be very well drained. It can be used to stabilise dunes. It can grow in arid places.

PRODUCTION

Cultivation

Plants are grown from seed, cuttings or by layering. Seed can be collected from ripe fruit that are allowed to rot to make it easier to remove the seed. Seed only store for a short time. Fresh seed should be planted. They germinate in 20-25 days. Seedlings can be transplanted into the field in 6-7 days.

NOTES

There are 3 Chrysobalanus species.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



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