PLANT FACT SHEET

Vallesia glabra (Cav.) Link.

GENUS *Vallesia* **FAMILY** Apocynaceae

COMMON NAMES Glabrous vallesia, Pearlberry

EDIBLE PARTS AND USES

Edible parts: Fruit

The fully ripe fruit are eaten raw.

DESCRIPTION

A shrub. The flowers are white. The fruit are white and let the light through.

HABITAT

It is a tropical and subtropical plant. In Argentina it grows from sea level to 1,000 m above sea level. It can grow in arid places.

REFERENCES

Arenas, P. and Scarpa, G. F., 2006, Edible wild plants of the Chorote Indians, Gran Chaco, Argentina. Botanical Journal of the Linnean Society. Vol. 153 (1): pp 73-85

Desert Survivors Online Plant Database

Grandtner, M. M., 2008, World Dictionary of Trees. Wood and Forest Science Department. Laval University, Quebec, Qc Canada. (Internet database http://www.wdt.qc.ca)

Grandtner, M. M. & Chevrette, J., 2013, Dictionary of Trees, Volume 2: South America: Nomenclature, Taxonomy and Ecology. Academic Press p 684

Hellmuth, N. M., 2013, Maya Ethnobotany. FLAAR Reports. p 20

Kermath, B. M., et al, 2014, Food Plants in the Americas: A survey of the domesticated, cultivated and wild plants used for Human food in North, Central and South America and the Caribbean. On line draft. p 898

Martin, F. W., et al, 1987, Perennial Edible Fruits of the Tropics. USDA Handbook 642 p 82

Montani, M. C. & Scarpa, G. F., 2016, Recursos vegetales y prácticas alimentarias entre indígenas tapiete del noreste de la provincia de Salta, Argentina. Darwiniana, nueva serie vol.4 no.1 San Isidro jul. 2016

Nabhan, G. P., et al, 2022, Reviving the Arid American Diet in the Face of Climate Change: Assessing its Composition, Links to the Mesomerican Diet and Potential to Advance Indigenous Health and Diabetes Prevention. International Journal of Water Resources and Arid Environments 11(2): 81-112

Palmieri, V. S., et al, 2018, Aproximaciones etnobotánicas de las especies y prácticas de frutos nativos comestibles de la Actualidad. Aportes para la interpretación del pasado prehispánico de cerro colorado (Córdoba, Argentina). Bol. Soc. Argent. Bot. 53 (1): 115-133

Piedra-Malagón, E. M. et al, 2022, Edible native plants of the Gulf of Mexico Province. Biodiversity Data Journal 10: e80565 p 10

Roa, J. A. G. & Boada, D. S. G., 2018, Fundación para el Fortalecimiento de la Fruticultura y Plantas Alimenticias no Convencionales en Colombia.

Scarpa, G. F., 2009, Wild food plants used by the indigenous peoples of South American Gran Chaco: A general synopsis and intercultural comparison. Journal of Applied Botany and Food Quality 83:90-101

Segura, S. et al, 2018, The edible fruit species in Mexico. Genet Resour Crop Evol (2018) 65:1767–1793

Sonorensis Newsletter 2009 - Arizona Sonora Desert Museum

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

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/309cba46-0556-46b8-bf7e-b7d34fd0d760