PLANT FACT SHEET

Myristica malabarica Lam.

GENUS *Myristica* **FAMILY** Myristicaceae

COMMON NAMES Bombay nutmeg, Bombay mace, Malabar nutmeg

EDIBLE PARTS AND USES

Edible parts: Fruit, Spice

The fruit is used to adulterate true nutmeg. It has little taste.

DESCRIPTION

A tree. It grows 25 m tall. The bark is greenish-black and smooth. The branches are usually horizontal. Red sap oozes from cuts in the bark. The leaves are alternate. They are 10-22 cm long by 4-10 cm wide. They are narrowly oval and pointed at the tip. They are shiny above and dull and waxy underneath. The male and female flowers are separate. There are several male flowers in a group on the axils of leaves. Female flowers are in groups of 5-6. The fruit capsule is 5-8 cm long by 2-4 cm wide. It is a rusty brown colour. There is one oblong seed. The aril of fleshy layer around the seed is yellow.

HABITAT

A tropical plant. It grows in evergreen and swamp forests. It grows up to 800 m above sea level.

PRODUCTION

Cultivation

Plants can be grown from seeds.

Harvesting and Seed Production

In south India plants flower and fruit in January to September.

NOTES

There are about 120 Myristica species. They grow in the tropics.
It is used in medicine. It has anticancer properties. It has anti-leishmanial properties.

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