PLANT FACT SHEET

Saurauia montana Seem.

GENUS *Saurauia* **FAMILY** Actinidiaceae

EDIBLE PARTS AND USES

Edible parts: Fruit

DESCRIPTION

A shrub or tree. It grows 3-10 m tall. The leaves are broadly oval and have teeth along the edge. The leaves can be 30 cm long.

HABITAT

A tropical plant. It grows at high latitudes in Costa Rica.

REFERENCES

Altschul, S.V.R., 1973, Drugs and Foods from Little-known Plants. Notes in Harvard University Herbaria. Harvard Univ. Press. Massachusetts. no. 2814 (As Saurauia costaricensis)

Kapelle, M., et al, 2000, Useful plants within a Campesino Community in a Costa Rican Montane Cloud Forest. Mountain Research and Development, 20(2): 162-171 (As Saurauia veraguasensis)

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/36df1c0e-bfbe-4512-be50-7b97a604df88