PLANT FACT SHEET

Ficus sarmentosa Buch.-Ham. ex Smith

GENUS *Ficus* **FAMILY** Moraceae

COMMON NAMES Nepal fig

EDIBLE PARTS AND USES

Edible parts: Fruit

Ripe fig fruit are eaten raw as a snack. They are also cooked with rice.
They are also used to make jelly.

DESCRIPTION

A fig. It is a climbing shrub or woody vine. The shoots are hairy. The branches develop roots. The leafy structure near the base of the leaves is sword shaped and about 8 mm long. The leaves are alternate. They are 8-12 cm long by 3-4 cm wide. They are oval. They are hairy underneath. There are 5-10 pairs of side veins. The base is rounded. The figs are round or slightly flattened. They are 0.5-2 cm across. They occur singly or occasionally in pairs. They are in the axils of leaves or on leaf less branches. They are purple when ripe. The fruit stalk is 0.5-1.5 cm long. Male and gall flowers are in the one fig and female flowers in other figs. There are some varieties described based on bract, leaf and fig shape and size.

HABITAT

A tropical and subtropical plant. In Nepal it grows between 1400-2600 m altitude. It grows in moist areas and often along stream banks. In China they grow in forests and on trees and rocks between 600-2500 m altitude. In Yunnan.

PRODUCTION

Cultivation

Plants can be grown from seeds or cuttings.

NOTES

There are about 800-1000 Ficus species. They are mostly in the tropics. There are 120 Ficus species in tropical America.

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