PLANT FACT SHEET

Pangium edule Reinw. ex Blume

GENUS *Pangium* **FAMILY** Achariaceae

COMMON NAMES Sis, Kluwak tree, Pangi

EDIBLE PARTS AND USES

Edible parts: Seeds, Nut, Leaves, Spice, Fruit

The old leaves are eaten after shredding and being cooked.
The fleshy portion around the seeds is eaten raw or cooked.
The seeds are eaten after steeping and roasting in an extensive process to remove poison. Sometimes seeds are buried and fermented for about 40 days. The seeds yield a cooking oil.
CAUTION All parts of the plant can contain large amounts of poison (Prussic acid). This must be thoroughly removed by processing. Mature fruit are less poisonous than young fruit.

DESCRIPTION

A large tree reaching a height of 25-40 m and about 50-100 cm across the trunk. The crown of the tree can spread to 50 m across. It has buttresses. The branches normally droop over. The leaves are very large and smooth. They can vary between 10 to 60 cm long by 8 to 40 cm across. They can be entire or lobed, pointed at the tip and rounded or heart shaped at the base. Leaves in young trees have 3 lobes. Often leaves are in a spiral arrangement near the ends of branches. Flowers are separate sexes and often on different trees. The flowers are yellowish white and have a faint smell. They are about 4 cm wide. The fruit are large, up to 15 cm long, brown and contain several seeds embedded in yellowish edible pulp. The seeds are about 5 cm long. The fruit has a strong smell.

HABITAT

A tropical plant. It is native to SE Asia. It is a plant of the hot humid tropics. They are widely distributed in primary forests and clearings at low and medium altitudes from southern Luzon to Palawan and southern Mindanao in the Philippines. It mostly grows below 300 m altitude but can be up to 1000 m. It is in the lowland and mid altitude rainforests often near creeks. It prefers slightly acidic soils. It can be in mangrove swamps.

PRODUCTION

Cultivation

Plants grow wild and are also cultivated from seeds. Seeds can float for a long time in water.

Harvesting and Seed Production

Trees start to fruit when about 10-15 years old. Trees live for a long time. Fruiting is seasonal and the fruit season tends to be May to August.

NOTES

There is only one Pangium species. Also put in the Flacourtiaceae and Salicaceae family.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



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