PLANT FACT SHEET

Bromelia balansae Mez.

GENUS *Bromelia* **FAMILY** Bromeliaceae

COMMON NAMES Heart of Flame, Dore

EDIBLE PARTS AND USES

Edible parts: Fruit, leaves

It is mostly used for juice. Plants vary in the sweetness of the fruit.
The leaves are placed directly in the fire then the base of the leaves is eaten.

DESCRIPTION

A pineapple like plant. It grows 1 m tall. Plants can spread by underground runners. The leaves are spiny and 0.5-1.5 m long. They are blue-grey. They are coarse and fibrous. The young central leaves turn red-violet during flowers. The flowers are violet and 2 cm across. The flower spike is 20 cm long. The fruit is composed of many fruitlets. They are not as closely fused as pineapple. The flesh is yellow and juicy.

HABITAT

A tropical plant. It can be grown in tropical and subtropical places. They are best in a protected site. In Colombia it is recorded in woodland between 60-1,000 m above sea level.

PRODUCTION

Cultivation

Plants can be grown by removal of suckers. It can also be grown by seed. Cleaned seed germinate in a few days.

NOTES

There are 51 Bromelia species. They grow in tropical America.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

REFERENCES

Andrare, G. M. M., et al, 2023, Plantas Alimenticias Nao Convencionais (PANC) Nos Levantamentos Etnobotanicos do Brazil. Novos Cadernos NAEA v. 25 No. 2 p 204

Bodkin, F., 1991, Encyclopedia Botanica. Cornstalk publishing, p 171

Bortolotto, I. M., et al, 2018, Lista preliminar das plantas alimenticias nativas de Mato Grosso do Sul, Brasil. Iheringia, Serie Botanica, Porto Alegre, 73 (supl.):101-116

Brack, P., et al, 2020, Frutas nativas do Rio Grande do Sul, Brasil: riqueza e potencial alimentício.
Native fruits of Rio Grande do Sul, Brazil: richness and potential as food. Rodriguésia 71: e03102018.

Brickell, C. (Ed.), 1999, The Royal Horticultural Society A-Z Encyclopedia of Garden Plants. Convent Garden Books. p 192

Hibbert, M., 2002, The Aussie Plant Finder 2002, Florilegium. p 46

Keller, H., et al, 2010, Ethnobotanical resources of multipe-use Guarani Reserve, Misiones (Argentina): their importance to indigenous communities of Caramelito and Taruma Poty-1. Ethnobotany Bol. 22, 2010 pp 38-54

Kiple, K.F. & Ornelas, K.C., (eds), 2000, The Cambridge World History of Food. CUP p 1835

Lyle, S., 2006, Discovering fruit and nuts. Land Links. p 64 (As Bromelia balancia)

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

Schmedia-Hirschmann, G., 1994, Plants resources Used by the Ayoreo of the Paraguayan Chaco. Economic Botany Vol. 48. No. 3. pp. 252-258

Smith, L. B. & Downs, R. J., 1979, Bromelioideae, Flora Neotropica 14(3), p 1660

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

www.colecionandofrutas.org

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/3bda78f1-6f15-4f15-95bf-30e7fec5a00f