PLANT FACT SHEET

Meliantha suavis Pierre

GENUS *Meliantha* **FAMILY** Opiliaceae

COMMON NAMES Meliantha

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers, Fruit, Seeds

The leaves are eaten cooked as a vegetable.
The young leaves, shoots and flowers are served as a vegetable in soups or in dried fish curry.
The ripe fruit are eaten raw.
Caution: There is a similar looking plant that is poisonous.

DESCRIPTION

A shrub 4-8 m tall. It can grow to 13 m tall. The trunk is 25 cm across. The trunk is straight and cylindrical. The leaves are oval. They are 6-12 cm long by 2.5-5 cm wide. The leaf stalk is 1-3 mm long. The flowers can be in groups of singly. They can grow from branches of in the axils of leaves. The male and female flowers occur on separate trees. They are green. The fruit is fleshy and with a hard stone inside. It is 2.3-3 cm long by 1.5-1.7 cm wide. It is yellow

HABITAT

A tropical plant. It grows in dense forests. It often grows on limestone mountains.

PRODUCTION

Cultivation

It can be grown from seeds. The fully ripe seeds are collected and the flesh removed. The seeds are then cleaned and soaked overnight before sowing in the field where they are to grow. A spacing of 2-3 m is suitable. Seeds germinate in about 3 months.

Harvesting and Seed Production

Seedlings grow slowly for the first 2 years.

NOTES

Caution: People have been poisoned in Cambodia because they confused this plant with the poisonous Urobotrya siamensis.

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PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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