PLANT FACT SHEET

Ficus vasculosa Wall. ex Miq.

GENUS *Ficus* **FAMILY** Moraceae

COMMON NAMES Sweet mountain greens, Vasculosa fig tree

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable

The leaves are cooked and eaten as a vegetable. They are boiled or fried and also used in soups.

DESCRIPTION

A fig. It is a tree. It grows 15-44 m tall. The stem has white sap. The leaves are alternate and simple. The fruit are 8 mm across. They are round and on the twigs.

HABITAT

It is a tropical plant. It grows in rain forest up to 1,400 m above sea level. It grows on sandy soils. In XTBG Yunnan.

PRODUCTION

Cultivation

Plants can be grown by seeds, root cuttings or air-layering.

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/42577d29-0179-4759-be6e-0b1b9078845f