PLANT FACT SHEET

Ficus racemosa L.

GENUS *Ficus* **FAMILY** Moraceae

COMMON NAMES Cluster Fig, Redwooded fig, Stem-fruit fig

EDIBLE PARTS AND USES

Edible parts: Fruit, Leaves, Spice, Flavouring, Flowers

The ripe fruit and seeds are eaten raw. The fruit are usually eaten green as a vegetable. They are also dried and ground into flour and eaten with sugar and milk.
The powder from roasted fruits are used as a breakfast cereal.
The young leaves are eaten in salads. They are also cooked.
The fruit are also used for jam.

DESCRIPTION

A fig. It is an medium sized evergreen spreading tree. Plants can loose many leaves during the dry season. It grows to 12-20 m high and spreads to 5-10 m across. The trunk can be 60-90 cm across. The stem is erect and branching. There are often buttresses at the base. The bark is smooth and pale grey. It does not have aerial or strangling roots. The leaves are produced alternately. They are oval and taper towards the tip. They are 7-22 cm long and 3-9 cm across. The leaf stalk is 1-6 cm long. Flowers are very small and male and female flowers are enclosed in the fig receptacle. The fruit are large fleshy yellow and red figs. They are 5 cm across. They occur in dense clusters on the trunk and main branches. They are velvety when young and become smooth with age. When ripe they often split open. There are some varieties named based on the hairiness of the young parts. The figs are edible.

HABITAT

It is a tropical plant. It does best in humus rich, moist soil. It needs to be well drained. It suits a sheltered sunny position. It is damaged by drought and frost. It occurs naturally along the banks of lowland freshwater streams in the monsoonal vine forests. It can cope with being flooded for short periods. In Nepal it grows up to 1000 m altitude. In Sikkim it grows between 400-1,000 m above sea level. It suits hardiness zones 9-12. In Yunnan.

PRODUCTION

Cultivation

Plants can be grown from seed or by using cuttings. It can also be grown using aerial layering.

Harvesting and Seed Production

In Australia, fruiting is mainly June to December but can be at other times. In India fruiting is March to August. A tree can produce 100 kg of fruit.

NOTES

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

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



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