PLANT FACT SHEET

Endopleura uchi (Huber) Cuatrec.

GENUS *Endopleura* **FAMILY** Humiriaceae

COMMON NAMES Uxi

EDIBLE PARTS AND USES

Edible parts: Fruit, Seeds - oil

The fruit can be eaten fresh. They are also mixed with cassava flour. They are also used for ice creams, jams and liqueurs.
The pulp yields an oil.

DESCRIPTION

A tree. It grows 20-30 m high. The crown is round. The trunk is upright and 60-90 cm across. The bark is thick and smooth. The leaves are simple and alternate. They are 10-20 cm long and 3-8 cm wide. They are in groups in the axils of leaves. The flowers are green and have a scent. The stamens are yellow. The fruit are round and weigh 50-60 g. They contain 1-2 seeds. The fruit vary in colour from green to yellow and red or purple.

HABITAT

A tropical plant. It grows in dryland forest in the Amazon in Brazil. It suits acid soils.

PRODUCTION

Cultivation

Plants are grown from seed. The ripe fruit are put in a plastic bag to allow them to soften to help remove the seeds. Seeds only remain viable for a short time. Fresh seed should be harvested. The seed have a hard seed coat which should be broken then fresh seed planted. Seed take 9-10 months to germinate.

Harvesting and Seed Production

Plants grow slowly. Trees begin to fruit after about 15 years.

NOTES

The fruit have alpha-tocopherol (Vitamin E) at 1.0 mg per 100 g.

REFERENCES

Contr. U.S. Natl. Herb. 35:81. 1961

Grandtner, M. M. & Chevrette, J., 2013, Dictionary of Trees, Volume 2: South America: Nomenclature, Taxonomy and Ecology. Academic Press p 219

Hunter, D., et al, 2019, The potential of neglected and underutilized species for improving diets and nutrition. Planta (2019) 250:709-729

Kermath, B. M., et al, 2014, Food Plants in the Americas: A survey of the domesticated, cultivated and wild plants used for Human food in North, Central and South America and the Caribbean. On line draft. p 335

Lorenzi, H., 2002, Brazilian Trees. A Guide to the Identification and Cultivation of Brazilian Native Trees. Vol. 02 Nova Odessa, SP, Instituto Plantarum p 125

Lorenzi, H., Bacher, L., Lacerda, M. & Sartori, S., 2006, Brazilian Fruits & Cultivated Exotics. Sao Paulo, Instituto Plantarum de Estuados da Flora Ltda. p 149

Maezumi, S. Y., et al, 2018, The legacy of 4,500 years of polyculture agroforestry in the eastern Amazon. Open Research Exeter. p 38

Martin, F. W., et al, 1987, Perennial Edible Fruits of the Tropics. USDA Handbook 642 p 96 (Also as Sacoglottis uchi)

Marx, F., et al, 2002, Studies of edible Amazonian plants. Part 5: Chemical characterisation of Amazonian Endopleura uchi fruits. Eur Food Res Technol (2002) 214:331–334

Miranda, C., et al, 2024, Unconventional Edible Plants of the Amazon: Bioactive Compounds, Health Benefits, Challenges, and Future Trends. Foods 2024, 13, 2925

Paz, F. S., et al, 2021, Edible Fruit Plant Species in the Amazon Forest Rely Mostly on Bees and Beetles as Pollinators. Journal of Economic Entomology, XX(XX), 2021, 1–13

Shanley, P. et al, (Eds), 2011, Fruit trees and useful plants in Amazonian life. Non-wood Forest Products No 20. FAO, CIFOR and PPI. p 139

TodaFruta.com.br

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/485efaf6-dc1c-42eb-879f-8a80f89b9933