PLANT FACT SHEET

Bromelia pinguin L.

GENUS *Bromelia* **FAMILY** Bromeliaceae

COMMON NAMES Pinguin

EDIBLE PARTS AND USES

Edible parts: Leaves, Fruit, Flowers

The fruit is mostly used for juice. It is very sour and is used for vinegar.
The fruit can be eaten raw or cooked.
The flower is fried and eaten. It is cooked in stews with onion and capsicum.
The base of the shoots are eaten raw or cooked.

DESCRIPTION

A herb. It is like a pineapple plant. It grows attached to other plants. It grows 1.2-2 m high. It spreads 2 m wide. The leaves are sword shaped and curve outwards. They are green but turn red at the base of the flower. There are teeth on the edges of the leaves. These are hooked. The flowers are purple and white. There are white woolly bracts along the fruit. The fruit are a crowded head of berries that are plum like and edible. They are yellow. The head is 60-100 cm long.

HABITAT

It is a tropical plant. It is best in a seasonally wet and dry climate. It needs well-drained soil. It can grow in full sun or light shade. In Costa Rica it grows from sea level to 800 m altitude. It suits hardiness zones 9-12.

PRODUCTION

Cultivation

Plants can be grown from seed or offsets.

NOTES

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

REFERENCES

Ambasta S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 87

Bircher, A. G. & Bircher, W. H., 2000, Encyclopedia of Fruit Trees and Edible Flowering Plants in Egypt and the Subtropics. AUC Press. p 66

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

Castaneda, H., & Stepp, J. R., 2007, Ecosystems as Sources of Useful Plants for the Guaymi People of Costa Rica. Ethnobotany Journal. 5:249-257

Chizmar Fernandez, C., et al, 2009, Plantas comestibles de Centroamerica. Instituto de Biodiversidad, Costa Rica. p 133

Cundall, P., (ed.), 2004, Gardening Australia: flora: the gardener's bible. ABC Books. p 260

Dahlgren, B. E. & Standley, P. C., 1944, Edible and Poisonous plants of the Caribbean Region. Dept. of the Navy. p 36

D'Ambrosio, U., & Puri, R. K., 2016, Foodways in transition: food plants, diet and local perceptions of change in a Costa Rican Ngäbe community. Journal of Ethnobiology and Ethnomedicine (2016) 12:3 p 22

Ekman Herbarium records Haiti

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 62

FAO, 1993, Valor Nutritivo Y Usis en Alimantacion humana de Algunis Cultivos Autoctonos Subexplotados de Mesoamerica. FAO, Santiago, Chile. p 69

Hornung-Leoni, C. T., 2011, Avances sobre Usos Etnobotánicos de las Bromeliaceae en Latinoamérica. Boletín Latinoamericano y del Caribe de Plantas Medicinales y Aromáticas 10 (4): 297 - 314

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 145

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

Langlois, H. C., 2004, Ethnobotanical analysis of different successional stages as sources of wild edible plants for the Guaymi people in Costa Rica. M. Sc. thesis University of Florida.

Llamas, K.A., 2003, Tropical Flowering Plants. Timber Press. p 157

Lopez-Diago, D. & Garcia, N., 2021, Wild edible fruits of Colombia. Biota ColomBiana 22 (2) p 33

Martin, F.W. & Ruberte, R.M., 1979, Edible Leaves of the Tropics. Antillian College Press, Mayaguez, Puerto Rico. p 79, 180

Martin, F. W., et al, 1987, Perennial Edible Fruits of the Tropics. USDA Handbook 642 p 84

Miguel, E., et al, 1989, A checklist of the cultivated plants of Cuba. Kulturpflanze 37. 1989, 211-357

Piedra-Malagón, E. M. et al, 2022, Edible native plants of the Gulf of Mexico Province. Biodiversity Data Journal 10: e80565 p 14

Pio-Leon, J. F., et al, 2009, Physicochemical, Nutritional and Antibacterial Characteristics of the Fruit of Bromelia pinguin L. Plant Foods for Human Nutrition 64:181-187

Plants of Haiti Smithsonian Institute http://botany.si.edu

Roa, J. A. G. & Boada, D. S. G., 2018, Fundación para el Fortalecimiento de la Fruticultura y Plantas Alimenticias no Convencionales en Colombia.

Rosero-Toro, et al, 2018, Cultural significance of the flora of a tropical dry forest in the Doche vereda (Villavieja, Huila, Colombia). Journal of Ethnobiology and Ethnomedicine (2018) 14:22 p

Segura, S. et al, 2018, The edible fruit species in Mexico. Genet Resour Crop Evol (2018) 65:1767–1793

Sp. pl. 1:285. 1753 (type species)

Standley, P. & Steyermark, J., 1958, Flora of Guatemala. Fieldiana: Botany, Volume 24 part 1 p 347, 393

Staples, G.W. and Herbst, D.R., 2005, A tropical Garden Flora. Bishop Museum Press, Honolulu, Hawaii. p 637

Torre, de la, L., et al, 2008, Enciclopedia de las Plantas Útiles del Ecuador. Herbario QCA. Pontificia Universidad Católica del Ecuador. p 260

Turreira-Garcia, N., et al, 2015, Wild edible plant knowledge, distribution and transmission: a case study of the Achi Mayans of Guatemala. Journal of Ethnobiology and Ethnomedicine. 11:52

Uphof,

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

www.colecionandofrutas.org

Zuchowski W., 2007, Tropical Plants of Costa Rica. A Zona Tropical Publication, Comstock Publishing. p 371

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/4f859331-ee45-4011-aa7a-3c6329f8aa8b