PLANT FACT SHEET

Ficus abutilifolia (Miq.) Miq

GENUS *Ficus* **FAMILY** Moraceae

COMMON NAMES Large-leaved rock fig

EDIBLE PARTS AND USES

Edible parts: Fruit, Leaves, Roots

The fruit are eaten raw. Figs can be dried and stored.
Leaves are occasionally eaten.
Aerial roots are eaten.

DESCRIPTION

A fig. It is a shrub or medium sized tree. It loses its leaves during the year. It grows 6-10 m high and spreads 6 m wide. It can also be a bush 3-4 m high. The crown can spread widely and the bush is almost round. The bark is smooth and creamy-white. The trunk is twisted and branches low down. The branches are stout. The leaves are large and almost round. The leaves are alternate and leathery. They have a deep notch in the base. They are bright green and the veins are red. The leaves are 5-15 cm long by 5-17 cm wide. The figs are on the ends of small branches in the axils of leaves. They are 1-1.6 cm across. They are smooth or slightly hairy. The fruit are figs produced either singly or in small groups. They are green with cream spots. They are red when ripe. They have a very short stalk.

HABITAT

It is a tropical and subtropical plant. It normally grows over rock outcrops in full sun. It is damaged by frost. It grows in dry areas. It can grow in arid places. It grows in savannah and is often on rocky sites. It grows from cracks and crevices and splits the rocks. In Zimbabwe it grows up to 1,360 m above sea level. It suits hardiness zones 9-12.

PRODUCTION

Cultivation

Plants can be grown from seeds or cuttings. The seeds are small and need to be mixed with sand for sowing. Fresh seeds should be used. Seedlings transplant well.
The pollinating wasps are Nigeriella fusciceps Wiebes and Elisabethiella comptoni Wiebes.

Harvesting and Seed Production

Seedlings grow slowly at first.

NOTES

There are about 800 Ficus species. They are mostly in the tropics. There are 120 Ficus species in tropical America.

REFERENCES

Achigan-Dako, E, et al (Eds), 2009, Catalogue of Traditional Vegetables in Benin. International Foundation for Science.

Addis, G., Asfaw, Z & Woldu, Z., 2013, Ethnobotany of Wild and Semi-wild Edible Plants of Konso Ethnic Community, South Ethiopia. Ethnobotany Research and Applications. 11:121-141

Ann. Mus. Bot. Lugduno-Batavum 3:288. 1867-1868 ("1867")

Avouhou, H. T., et al, 2012, Ethnobotanical Factors Influencing the Use and Management of Wild Edible Plants in Agricultural Environments in Benin. Ethnobotany Research & Applications. Vol. 10:571-592

Burkill, H. M., 1985, The useful plants of west tropical Africa, Vol. 4. Kew.

Dalziel, J. M., 1937, The Useful plants of west tropical Africa. Crown Agents for the Colonies London.

Dansi, A., et al, 2008, Traditional leafy vegetables and their use in the Benin Republic. Genet Resour Crop Evol (2008) 55:1239–1256

Etherington, K., & Imwold, D., (Eds), 2001, Botanica's Trees & Shrubs. The illustrated A-Z of over 8500 trees and shrubs. Random House, Australia. p 325

Fowler, D. G., 2007, Zambian Plants: Their Vernacular Names and Uses. Kew. p 48

Fox, F. W. & Young, M. E. N., 1982, Food from the Veld. Delta Books. p 274 (As Ficus soldanella)

Gallagher, D. E., 2010, Farming beyond the escarpment: Society, Environment, and Mobility in Precolonial Southeastern Burkina Faso. PhD University of Michigan.

Grivetti, 1976, 1979,

Grivetti, L. E., 1980, Agricultural development: present and potential role of edible wild plants. Part 2: Sub-Saharan Africa, Report to the Department of State Agency for International Development. p 79 (As Ficus soldanella)

Hahn, K., et al, 2018, The use of wild plants for food: a national scale analysis for Burkina Faso (West Africa). FVSS FoodPlants Supplement

INFOODS:FAO/INFOODS Databases

Jardin, C., 1970, List of Foods Used In Africa, FAO Nutrition Information Document Series No 2.p 136

Joffe, P., 2007, Creative Gardening with Indigenous Plants. A South African Guide. Briza. p 67

Liengme, C. A., 1981, Plants used by the Tsonga people of Gazankulu. Bothalia 13, 3 & 4: 501-518 (As Ficus soldanella)

Long, C., 2005, Swaziland's Flora - siSwati names and Uses http://www.sntc.org.sz/flora/

Lulekal, E., et al, 2011, Wild edible plants in Ethiopia: a review on their potential to combat food insecurity. Afrika Focus - Vol. 24, No 2. pp 71-121

Moksia, F., et al, 2019, Diversity and Socio-Economic Value of Wild Edible Plants in the Mounts Mandara Region, Cameroon. International Journal of Sciences. Vol. 8:10

MORTIMORE,

Peters, C. R., O'Brien, E. M., and Drummond, R.B., 1992, Edible Wild plants of Sub-saharan Africa. Kew. p 147

Royal Botanic Gardens, Kew (1999). Survey of Economic Plants for Arid and Semi-Arid Lands (SEPASAL) database. Published on the Internet; http://www.rbgkew.org.uk/ceb/sepasal/internet [Accessed 4th May 2011] (As Ficus soldanella)

Ruiters-Welcome, A. K., 2019, Food plants of southern Africa. Ph.D. thesis. Univ. of Johannesburg p 79

Swaziland's Flora Database http://www.sntc.org.sz/flora

van Wyk, B, van Wyk, P, and van Wyk B., 2000, Photographic guide to Trees of Southern Africa. Briza. p 150

Venter, F & J., 2009, Making the most of Indigenous Trees. Briza. p 158

Vivien, J., & Faure, J.J., 1996, Fruitiers Sauvages d'Afrique. Especes du Cameroun. CTA p 211

Wehmeyer, A. S, 1986, Edible Wild Plants of Southern Africa. Data on the Nutrient Contents of over 300 species

Welcome, A. K. & Van Wyk, B.-E., 2019, An inventory and analysis of the food plants of southern Africa. South African Journal of Botany 122 (2019) 136–179

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

www.figweb.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/50ec0853-e3b0-4caf-8587-ee78602d1008