PLANT FACT SHEET

Gnetum costatum K. Schumann

GENUS *Gnetum* **FAMILY** Gnetaceae

EDIBLE PARTS AND USES

Edible parts: Fruit, seeds, Leaves, Flowers, Nuts

The fruit are boiled and eaten. They need to be cooked for a longer time than "tu-lip" Gnetum gnemon fruit to remove the bitter taste.
The male and female flowerers and leaves are also cooked and eaten.

DESCRIPTION

A tree which loses its leaves. It grows 15-20 m tall. The bark is reddish-brown. The leaves are broadly oval and 15-18 cm long. They taper at both ends. The leaf stalk is 0.5 cm long. Male and female flowers are separate. The male flowering shoots occur singly in the axils of leaves. They are 6-7 cm long and simple. The flowers do not have stalks and occur in rings. The female flowers have fine white hairs. The fruit are nut-like and taper at both ends. They are 4 cm long by 1 cm wide. They can be red or pink. The seed taper and have furrows.

HABITAT

A tropical plant. It grows in rainforest up to 1350 m altitude. It can be on ridge tops or along streams. It does not grow in swamps. It does best where there are distinct wet and dry seasons.

NOTES

There are about 28 Gnetum species.

PICTURES



Credit: Food Plants International (Bruce French)



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