PLANT FACT SHEET

Holoptelea integrifolia (Roxb.) Planch

GENUS *Holoptelea* **FAMILY** Ulmaceae

COMMON NAMES Indian elm tree

EDIBLE PARTS AND USES

Edible parts: Fruit, Seeds - oil, Seeds

The seed contain a fatty oil. The seeds are also roasted and eaten. The cooking water is drained off.
The ripe fruit are eaten raw.

DESCRIPTION

A large tree. It loses its leaves. It grows 25-50 m high. The bark is grey or dark brown. It is rough in patches. The trunk is usually divided low down and has buttresses. The leaves are smooth and have a short blunt tip. The base is rounded. The young leaves often have teeth. The leaves are 8-15 cm long. The flowers are small and green in dense clusters. The flowers can be male and bisexual in the same cluster. The fruit are round, thin and papery disks. They are yellow-brown when ripe. The seed is in the centre.

HABITAT

A tropical plant. It grows in wasteland. On poor soil the tree is stunted. It grows in dry deciduous forest. It does best on sandy or gravelly soil with good drainage. It is damaged by frost. In XTBG Yunnan.

PRODUCTION

Cultivation

Plants can be grown by seeds.

Harvesting and Seed Production

It grows quickly. In India fruit are available between February to May.

PICTURES



Credit: Food Plants International (Bruce French)

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