PLANT FACT SHEET

Heisteria media S. F. Blake

GENUS *Heisteria* **FAMILY** Erythropalaceae

COMMON NAMES Wild cinnamon

EDIBLE PARTS AND USES

Edible parts: Medicine

DESCRIPTION

A tree. It grows 25 m tall. The leaves are alternate. They are oval and taper to a tip. The flowers are white.

HABITAT

A tropical plant. It suits the wet tropics. It grows between 240-1,200 m above sea level.

NOTES

There are 33 Heisteria species in tropical America. Previously in the Olacaceae.

REFERENCES

Altschul, S.V.R., 1973, Drugs and Foods from Little-known Plants. Notes in Harvard University Herbaria. Harvard Univ. Press. Massachusetts. no. 799 (As Heisteria schippiana)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/622b2912-ad70-4b8a-88dc-35dfe19f7bd4