PLANT FACT SHEET

Myristica beddomei King

GENUS *Myristica* **FAMILY** Myristicaceae

COMMON NAMES Wild nutmeg

EDIBLE PARTS AND USES

Edible parts: Spice

DESCRIPTION

A tree. It keeps its leaves throughout the year. It grows about 12-25 m tall. The trunk is 40 cm across. The male and female flowers are on separate trees. The leaves are simple and alternate. The leaf blade is 12-25 cm long by 4-10 cm wide. They are oblong or narrowly oval. The leaves are shiny above and dull and waxy underneath. The male flowers are in groups of 10-20 on short stalks in dense clusters in the axils of leaves. The female flowers are in groups of 3-4. The fruit are 3-7 cm long and 4-6 cm wide. It has a single hard seed covered by an orange-yellow aril. This is deeply cut into many lobes. The ripe fruit fall and then split open on the ground. There are some subspecies.

HABITAT

A tropical plant. It grows in mid-altitude evergreen forests in the Western Ghats in India. It grows between 1,000-1,500 m above sea level.

PRODUCTION

Cultivation

In nature, fruit are spread by monkeys and squirrels.

Harvesting and Seed Production

It flowers April to May and fruit mature a year later.

REFERENCES

van Wyk, B., 2005, Food Plants of the World. An illustrated guide. Timber press. p 259

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/64fa475f-44f6-4f1c-b6a3-e3786784c932