PLANT FACT SHEET

Helicostylis tomentosa (Poepp. & Endl.) J. F. Macbr.

GENUS *Helicostylis* **FAMILY** Moraceae

EDIBLE PARTS AND USES

Edible parts: Fruit, Seeds

The seeds are roasted and then eaten.
The fruit pulp is eaten.

DESCRIPTION

A tree. It grows 15-26 m high. It has yellow sap. The crown is tall. The trunk is straight and 40-50 cm across. The leaves are alternate. The leaf blade is oval or sword shaped and 5-32 cm long by 2-15 cm wide. Male and female flowers are separate. Male flowers are in a group of up to 15 flowers in the axils of leaves. The female flowers occur singly and usually without a flower stalk. The fruit are edible.

HABITAT

It is a tropical plant. It grows in the Amazon in humid upland forest.

PRODUCTION

Cultivation

Plants are grown from seeds. The seeds can be collected from ripe fruit of the ground. These fruit are put in a plastic bag to partly decompose them then the seeds are washed out under running water. Seeds need to be planted fresh and are best in light shade. Seedlings emerge in 40-60 days.

REFERENCES

Bendezu, Y. F., 2018, Arboles nativos de lad Region Ucayali. Instituto Nacional de Innovacion Agraria. p 228

Boom, B. M. & Moestl. S., 1990, Ethnobotanical Notes of Jose M. Cruzent from the Franco-Venezuelan Expedition to the Headquarters of the Orinico River. 1951-1952. Economic Botany, Vol 44 No. 2 pp. 416-419

Fouqué, A., 1972, Espèces fruitières d'Amérique tropicale. Institut français de recherches fruitierès outre-mer

Grandtner, M. M. & Chevrette, J., 2013, Dictionary of Trees, Volume 2: South America: Nomenclature, Taxonomy and Ecology. Academic Press p 295

Kermath, B. M., et al, 2014, Food Plants in the Americas: A survey of the domesticated, cultivated and wild plants used for Human food in North, Central and South America and the Caribbean. On line draft. p 411

Lopez-Diago, D. & Garcia, N., 2021, Wild edible fruits of Colombia. Biota ColomBiana 22 (2) p 43

Lorenzi, H., 2009, Brazilian Trees. A Guide to the Identification and Cultivation of Brazilian Native Trees. Instituto Plantarum de Estuados da Flora Ltda. Vol. 3 p 231

Paz, F. S., et al, 2021, Edible Fruit Plant Species in the Amazon Forest Rely Mostly on Bees and Beetles as Pollinators. Journal of Economic Entomology, XX(XX), 2021, 1–13

Philips, O., 1992, The potential for harvesting fruits in tropical rainforests: new data from Amazonian Peru. Biodiversity and Conservation 2, 18-38

Prance, G. T., An Ethnobotanical Comparison of Four Tribes of Amazonian Indians. p 23

Reis, S. V. and Lipp, F. L., 1982, New Plant Sources for Drugs and Foods from the New York Botanical Garden herbarium. Harvard. p 44

Roa, J. A. G. & Boada, D. S. G., 2018, Fundación para el Fortalecimiento de la Fruticultura y Plantas Alimenticias no Convencionales en Colombia.

Torre, de la, L., et al, 2008, Enciclopedia de las Plantas Útiles del Ecuador. Herbario QCA. Pontificia Universidad Católica del Ecuador. p 451

Van den Eynden, V., & Cueva, E., 2008, Lasplantas en la alimentacion. Enciclopedia de las Plantas Utiles del Ecuador. Herbario QCA & Herbario AAU. Quito & Aarhus. 2008: 62–66.

Vasquez, R. and Gentry, A. H., 1989, Use and Misuse of Forest-harvested Fruits in the Iquitos Area. Conservation Biology 3(4): 350f

www.proyanomami.org

Zambrana, P, et al, 2017, Traditional knowledge hiding in plain sight – twenty-first century ethnobotany of the Chácobo in Beni, Bolivia. Journal of Ethnobiology and Ethnomedicine (2017) 13:57

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/6680aebf-73bf-42aa-9445-0df4cb4b9ad8