PLANT FACT SHEET

Ficus palmeri S. Watson

GENUS *Ficus* **FAMILY** Moraceae

COMMON NAMES Rock fig, Sonoran strangler fig

EDIBLE PARTS AND USES

Edible parts: Fruit

DESCRIPTION

A strangler fig. The roots grow twisted over rocks and other objects. It can grow 20 m tall. The leaves are alternate.

HABITAT

It is a subtropical plant. It grows in arid regions.

REFERENCES

Nabhan, G. P., et al, 2022, Reviving the Arid American Diet in the Face of Climate Change: Assessing its Composition, Links to the Mesomerican Diet and Potential to Advance Indigenous Health and Diabetes Prevention. International Journal of Water Resources and Arid Environments 11(2): 81-112

NYBG Herbarium "edible"

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/680a45d7-ee80-4ec5-aa4d-b5188965dbaf