PLANT FACT SHEET

# *Cryptocarya alba* (Molina) Looser

**GENUS** *Cryptocarya* **FAMILY** Lauraceae

**COMMON NAMES** Peumo, Red laurel, White cryptocarya

## EDIBLE PARTS AND USES

**Edible parts:** Nuts, Fruit, seeds

The fruit are eaten boiled in water or raw.

## DESCRIPTION

An evergreen tree. It grows 15 m high. The flowers are green. The fruit are 1-2 cm long by 1 cm wide. The fruit are green. They turn red when ripe. There is one large seed.

## HABITAT

It is a temperate plant. In Chile it grows between 500-2,000 m altitude. It grows in water or with its roots attached in water. It grows on the edges of rivers and lakes. It grows in full sun. It can tolerate some shade. It suits hardiness zone 8. It can tolerate some frost and snow.

## PRODUCTION

### Cultivation

It can be grown by seeds.

## NOTES

There are about 350 Cryptocarya species. They grow in tropical and subtropical regions.
It has free radical scavenging activity.

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