PLANT FACT SHEET

Inga ilta T. D. Penn.

GENUS *Inga* **FAMILY** Fabaceae

COMMON NAMES Ilta inga

EDIBLE PARTS AND USES

Edible parts: Fruit - aril, pod, Seeds

The pulp around the seeds is eaten raw.
The seeds are cooked and eaten. They are boiled or roasted.

DESCRIPTION

A tree. The fruit is a long pod.

HABITAT

It is a tropical plant.

PRODUCTION

Cultivation

Plants grow easily from seeds. Seeds germinate in 1-2 weeks given moisture and shade.

NOTES

Also as Mimosaceae.

REFERENCES

Fern, K., 2012, Tropical Species Database http://theferns.info/tropical/

Grandtner, M. M. & Chevrette, J., 2013, Dictionary of Trees, Volume 2: South America: Nomenclature, Taxonomy and Ecology. Academic Press p 321

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 439

Kew Plants of the World onLine

Maezumi, S. Y., et al, 2018, The legacy of 4,500 years of polyculture agroforestry in the eastern Amazon. Open Research Exeter. p 39

Mansfeld,

Pennington, T. D., & Robinson, R. K. (1998) Utilization profile of a new species: Inga ilta T. D. Penn. In T. D. Pennington, & E. Fernandes (Eds.), The genus Inga: utilization, Nairobi, Kenya: Royal Botanic Garden, Kew, UK and ICRAF (in press).

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 344

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/6cf98f14-93c7-4a7f-89ba-a38c222c5418