PLANT FACT SHEET

Heliocarpus americanus L.

GENUS *Heliocarpus* **FAMILY** Malvaceae

COMMON NAMES Majaguillo

EDIBLE PARTS AND USES

Edible parts: Sap - drink, Medicine

DESCRIPTION

A medium sized tree. It grows 6-12 m tall. The trunk is straight and cylinder shaped and 30-50 cm wide. It often has branches near the base. The leaves are simple and alternate. The leaves are heart shaped and sometimes have 3 pointed lobes. There are teeth along the edge. The leaf stalks are hairy. The flowers are yellow or pink and in dense groups at the ends of branches. The seeds are in pink, feathery tufts.

HABITAT

It is a tropical plant. It suits the seasonally dry tropics. It grows in low mountain forest. It is often in cloud forest. In Panama it grows between 1,300-1,500 m above sea level. It grow at high altitude in Costa Rica. In Argentina it grows from sea level to 1,500 m above sea level.

PRODUCTION

Cultivation

Plants can be grown by seeds.

NOTES

These have also been in the Tiliaceae.

REFERENCES

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Kapelle, M., et al, 2000, Useful plants within a Campesino Community in a Costa Rican Montane Cloud Forest. Mountain Research and Development, 20(2): 162-171 (As Heliocarpus popayanensis)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/72e7e2d9-7623-4e88-b687-7c9fcc96cdc1