PLANT FACT SHEET

Trophis racemosa (L.) Urb.

GENUS *Trophis* **FAMILY** Moraceae

COMMON NAMES White ramoon, Racemose breadnut, Ramoon tree

EDIBLE PARTS AND USES

Edible parts: Seeds, Fruit, Nuts, Leaves - tea

The seeds are eaten cooked.
The fruit pulp is eaten raw.
The leaves are eaten and used for tea.

DESCRIPTION

A tree. It grows 21 m tall. The bark is smooth and grey but becomes scaly with age. It has milky sap. The leaves are alternate and narrow. The male flowers are in catkin like clusters. The female flowers are in short catkins and the male and female flowers occur on separate trees. The fruit are small and edible.

HABITAT

A tropical plant. It grows in dry, wet and lower mountain forest. It suits the wet tropics.

NOTES

There are 9 Trophis species.

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