PLANT FACT SHEET

Quercus oblongifolia Torr.

GENUS *Quercus* **FAMILY** Fagaceae

COMMON NAMES Mexican blue oak, Evergreen oak, Live oak

EDIBLE PARTS AND USES

Edible parts: Seeds, Nuts

The acorns are used for food. The hulls are removed, the acorns parched, and ground into meal and eaten.

DESCRIPTION

A small tree. It grows 5-8 m tall. The trunk can be 50 cm across. The crown is rounded. The leaves are small, alternate and oblong. The acorns are light brown and 2 cm long. The cup is scaly brown and 1/3rd the length of the nut.

HABITAT

It is a warm temperate to tropical plant. It can grow in arid places. It grows between 1,200-1,800 m above sea level.

NOTES

There are about 600 Quercus species.

REFERENCES

Beckstrom-Sternberg, Stephen M., and James A. Duke. "The Foodplant Database." http://probe.nalusda.gov:8300/cgi-bin/browse/foodplantdb. (ACEDB version 4.0 - data version July 1994)

Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 546

Menninger, E.A., 1977, Edible Nuts of the World. Horticultural Books. Florida p 19

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 463

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

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. http://www.scs.leeds.ac.uk/pfaf/

Wickens, G.E., 1995, Edible Nuts. FAO Non-wood forest products. FAO, Rome. p 129

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/7cd4bfa0-3826-4a9d-93a9-6dbc3e17430d