PLANT FACT SHEET

Beilschmiedia tawa (A. Cunn.) Kirk

GENUS *Beilschmiedia* **FAMILY** Lauraceae

COMMON NAMES Tawa

EDIBLE PARTS AND USES

Edible parts: Fruit, seeds

The fruit are eaten cooked. They were soaked in water, dried and pulped.
Caution: The seeds need to be well boiled or treated before being eaten.

DESCRIPTION

A tall tree. It is evergreen. It grows to 25 m high. The trunk can be 1.5 m across. The bark is smooth and brown. The leaves are pale brown. The leaves are long and narrow and pointed. The flowers are very small. They grow in clusters where the leaf meets the stem. The fruit are 2.5 cm long. They are blue-black.

HABITAT

It is a temperate plant. It grows in New Zealand from sea level to 800 m altitude. Hobart Botanical Gardens.

PRODUCTION

Cultivation

Plants are grown from seed.

NOTES

There are about 100-250 Beilschmeidia species. They are in the tropics. Tawa is used in medicine.

PICTURES



Credit: Food Plants International (Bruce French)



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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/81012736-a0c6-43fc-b652-d892c2255139