PLANT FACT SHEET

Ficus hispida L. f.

GENUS *Ficus* **FAMILY** Moraceae

COMMON NAMES White Sandpaper Fig, Boombil, Hairy Fig

EDIBLE PARTS AND USES

Edible parts: Fruit, Leaves

The green fig fruit are eaten, cooked. They are used in curries. (They may cause giddiness). They are also used for pickles.
The ripe fruit are eaten raw. They are also made into jam.
The young leaves are used as a vegetable. They are fried and boiled.
The fresh leaves can be stored for 5-6 days after harvest.

DESCRIPTION

A fig. It is a small bushy tree. It grows 6-8 m high and spreads to 2-5 m across. The branches are hollow. It has strangling roots but not aerial roots. The trunk is short and fairly straight and slender. The bark is grey. The young shoots are red and hairy. The leaves are alternate and simple. The leaves are 10-35 cm long by 6-12 cm wide. The leaf stalks are 2-9 cm long. The leaves are dark green, thin and rough on both surfaces. The trees are separately male and female. The fig is 3-5 cm across. They are reddish-green and borne in clumps on the trunk and larger branches. The figs split open and are red inside. There are some varieties described based on the colour and size of the figs.

HABITAT

It is a tropical and subtropical plant. It occurs naturally in monsoonal rainforests. It grows on alluvial soils and on sandstone slopes. In Nepal plants are grown between 500-1100 m altitude. In S China it grows between 1000-1500 m altitude. In XTBG Yunnan.

PRODUCTION

Cultivation

Plants are grown from seed or root suckers. It can also be grown by cuttings.

Harvesting and Seed Production

In NE Thailand fruit are available May to June.

NOTES

There are about 800-1000 Ficus species. They are mostly in the tropics. There are 120 Ficus species in tropical America.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



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