PLANT FACT SHEET

Englerophytum magalismontanum (Sond.) T. D. Penn.

GENUS *Englerophytum* **FAMILY** Sapotaceae

COMMON NAMES Milk plum, Stem-fruit

EDIBLE PARTS AND USES

Edible parts: Fruit

The fruit can be eaten raw. They can be dried.
The fruit can be eaten when immature or when ripe. They are also used for beer, wine and jams.

DESCRIPTION

A shrub or small tree. It can grow to 15 m tall. It can occasionally grow up to 33 m. Often the roots are twisted around a rock. It has a leafy rounded crown. The trunk is thin and has flutes along it. The stem is mostly short and thick and the branches can touch the ground. Often the trunk has wart like growths. The bark is grey and rough. The leaves are simple and alternate. They are often crowded towards the ends of branches. The leaves are firm and leathery. The leaves are oval and dark green and shiny on top but brown and hairy underneath. The young shoots and twigs have dense rusty hairs. The upper leaf surface often has a bloom. The under surface of the leaves has silver or red hairs. The leaves are 5-10 cm long but can be 30 cm long. The leaf stalks are 0.6-2.5 cm long. Flowers are fruit are produced on old wood. The flowers buds occur in clusters often on knobs on the branches and trunk. The fruit are 2.5 cm long. They are bright red when ripe. There is a small point at the end. The fruit have a leathery skin and 2 stones inside. The flesh is purple and they have a sticky latex. The seeds are oval and 1.7 x 1.4 cm.

HABITAT

A tropical plant. It occurs near quartzite and granite rocks. It can grow in the lowlands and up to 1800 m in South Africa. They mostly grow in coastal areas in deciduous woodland. They are somewhat drought resistant and can tolerate frost. They grow on a range of soils. They do best on dry well drained soils. It can grow in arid places.

PRODUCTION

Cultivation

They can be grown from seed or cuttings. Fresh seed germinate quickly. Cuttings from old wood can be used. Fruit are ready to harvest 4-5 months after flowering.

Harvesting and Seed Production

Trees grow fairly quickly. In Tanzania fruit are collected from April to June.

NOTES

The fruit are high in Vit C with 40 mg per 100 g.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



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PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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