PLANT FACT SHEET

Syzygium suborbiculare (Benth.) T. Hartley & Perry

GENUS *Syzygium* **FAMILY** Myrtaceae

COMMON NAMES Lady apple, Red bush apple

EDIBLE PARTS AND USES

Edible parts: Fruit

The ripe fruit are eaten raw.
They can be used in cooking or for sauces and relishes.

DESCRIPTION

A tree. It grows 8-12 m tall. It has an upright form and a rounded crown. The bark is slightly rough, tightly attached and is grey-brown. The leaves are oval to roundish, opposite and smooth. They are 7-19 cm long by 4-13 cm wide. They are glossy and dark green on the upper surface and paler underneath. They have a short pointed tip. The flowers are large. They have numerous stamens. The flowers are 3-5 cm long by 2.5-3 cm wide and carried in dense clusters at the ends of branches. The fruit can occur either singly or in bunches. The fruit is round but flattened and fleshy. It is 3-7 cm long by 3.5-9 cm wide. It has distinct ribs and is red when ripe. The flesh around the seed is 1 cm thick. It is crunchy and bluish-pink in colour. It is edible. There is one large seed inside. The seed is about 3.5-5 cm across. It looks like a large apricot stone.

HABITAT

It is a tropical tree. It occurs as an understorey tree to open forest. It also grows in rainforest. It occurs on well drained soils and sandy soils. It can tolerate fire because it produces a lignotuber under the ground. It can re-grow from this tuber. During drought it can lose most of its leaves. It tolerates salty winds.

PRODUCTION

Cultivation

It can be grown from fresh seed. Branches are low making harvesting easy. Fruit should be harvested when ripe before fruit fall.

Harvesting and Seed Production

Seedling growth can be rapid. Flowering occurs July to October in Australia and fruiting is October to February. It can produce fruit during any month but tends to fruit during the wet season. The quality of the fruit varies between trees.

NOTES

It has medicinal uses. The fruit is high in Vit C.

PICTURES



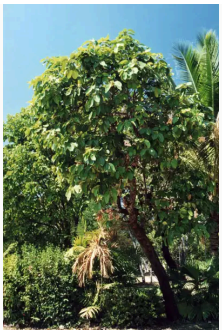
Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

REFERENCES

Bindon, P., 1996, Useful Bush Plants. Western Australian Museum. p 241

Bodkin, F., 1991, Encyclopedia Botanica. Cornstalk publishing, p 964

Boland, D. J. et al, , 2006, Forest Trees of Australia. CSIRO p 631

Brock, J., 1993, Native Plants of Northern Australia, Reed. p 294, 309

Cherikoff V. & Isaacs, J., The Bush Food Handbook. How to gather, grow, process and cook Australian Wild Foods. Ti Tree Press, Australia p 201

Cooper W & Cooper W T, 1994, Fruits of the Rain Forest. RD Press p 278

Cooper, W. and Cooper, W., 2004, Fruits of the Australian Tropical Rainforest. Nokomis Editions, Victoria, Australia. p 368

Doran, J.C., & Turnbull, J.W. (Eds), 1997, Australian Trees and Shrubs: species for land rehabilitation and farm plantings in the tropics. ACIAR Monograph No 24. p 338

Fell, D.G. & Stanton, D.J., 2015: The vegetation and flora of Mabuyag, Torres Strait, Queensland. Memoirs of the Queensland Museum – Culture 8(1):1-33. Brisbane. ISSN 1440-4788.

Hardwick, G., 2001, Economically Useful Plants for Northern Australia: Master Species List. Crusader eBooks.

Hartley, T. G. & Perry, L. M., 1973, Syzygium (Myrtaceae) from Papuasia J. Arn. Arb. Vol 54 p 196

Hearne, D.A., & Rance, S.J., 1975, Trees for Darwin and Northern Australia. AGPS, Canberra p 66, Pl 16

Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 302 (As Eugenia suborbicularis)

Hibbert, M., 2002, The Aussie Plant Finder 2002, Florilegium. p 296

Hiddins, L., 1999, Explore Wild Australia with the Bush Tucker Man. Penguin Books/ABC Books. p 148

INFOODS:FAO/INFOODS Databases

Isaacs, J., 1987, Bush Food, Aboriginal Food and Herbal Medicine. Weldons. p 72

King, M. & Horsfall, J., 2023, Kimberley Bush Food. Edible Plants of the Kimberley Region of Western Australia. UWAP. p 406

Kiple, K.F. & Ornelas, K.C., (eds), 2000, The Cambridge World History of Food. CUP p 1798

Lazarides, M. & Hince, B., 1993, Handbook of Economic Plants of Australia, CSIRO. p 233

Levitt, D., 1981, Plants and people. Aboriginal uses of plants on Groote Eylandt. Australian Institute of Aboriginal Studies, Canberra. p 110

Low, T., 1991, Wild Food Plants of Australia. Australian Nature FieldGuide, Angus & Robertson. p 148

Low, T., 1992, Bush Tucker. Australia's Wild Food Harvest. Angus & Robertson. p 55

Miller, J. B., James, K. W. and Maggiore, P.M.A., 1993, Tables of Composition of Australian Aboriginal Foods. Aboriginal Studies Press. Canberra

Mua Bioversity Profile, 2013, Profile for Management of the Habitats and Related Ecological and Cultural Resources of Mua Island. Torres Strait Regional Authority Land & Sea Management Unit. p 32

Norrington, L., & Campbell, C., 2001, Tropical Food Gardens. Bloomings Books. p 89

Paczkowska, G . & Chapman, A.R., 2000, The Western Australian Flora. A Descriptive Calatogue. Western Australian Herbarium. p 403

Robins, J., 1996, Wild Lime. Cooking from the Bush food garden. Allen & Unwin p 55

Salem, L., Thompson, E., and Elvin, H. L., Bush Tucker in Kidney Failure and Diabetes. AMGEN

Scarth-Johnson, V., 2000, National Treasures. Flowering Plants of Cooktown and Northern Australia. Vera Scarth-Johnson Gallery Association. Cooktown, Australia. p 123

Smith, M & Kalotas, A. C., 1985, Bardi Plants: An Annotated List of Plants and Their Use by the Bardi Aborigines of Dampierland, in North-western Australia. Rec. West Aust. Mus. 1985, 12(3): 317-359

Smith, N and Wightman, G.M., 1990, Ethnobotanical Notes from Belyuen Northern Territory Australia. Northern Territory Botanical Bulletin No 10. Parks and Wildlife Commission of the Northern Territory. p 25, 24.

Smith, N. M., 1991, Ethnobotanical Field Notes from the Northern Territory, Australia, J. Adelaide Bot. Gard. 14(1): 1-65

Smith, N., 1993, Bushfoods - an Annotated List: Fruit and Seeds Eaten by Aboriginal People in Northern Australia. Winnellie, NorthernTerritory. The Archives of the Rare Fruit Council of Australia.

territorynativeplants.com.au

Tiwi Plants and Animals. 2001, Aboriginal flora and fauna knowledge from Bathurst and Melville Islands, northern Australia. Northern Territory Botanical Bulletin; No. 24 p 83

Townsend, K., 1994, Across the Top. Gardening with Australian Plants in the tropics. Society for Growing Australian Plants, Townsville Branch Inc. p 350

Vigilante, T., et al, 2013, Island country: Aboriginal connections, values and knowledge of the Western Kimberley islands in the context of an island biological survey. Records of the Western Australian Museum Supplement 81: 145-182

Wheeler, J.R.(ed.), 1992, Flora of the Kimberley Region. CALM, Western Australian Herbarium, p 543

Wightman, G. & Andrews, M., 1991, Bush Tucker Identikit. Common Native Food Plants of Australia's top end. Conservation Commission Northern Territory. p 28

Wightman, Glenn et al. 1992, Mangarrayi Ethnobotany: Aboriginal Plant Use from the Elsey Area Northern Australia. Northern Territory Botanical Bulletin No 15. Parks and Wildlife Commission of the Northern Territory. p 44, 43.

Full reference list (3 more) at https://www.echocommunity.org/en/resources/89eb7c55-9f82-44db-ba0d-b93ffbfb6fca

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/89eb7c55-9f82-44db-ba0d-b93ffbfb6fca