PLANT FACT SHEET

Ficus reflexa Thunb.

GENUS *Ficus* **FAMILY** Moraceae

EDIBLE PARTS AND USES

Edible parts: Fruit, Leaves

DESCRIPTION

A shrub or tree. It grows 6 m tall. The leaves are a rounded oval shape. The fruit are round and green. They are usually in pairs in the axils of the leaves.

HABITAT

It is a tropical plant. It suits the wet tropics. It has been recorded from sea level to 1,000 m above sea level.

NOTES

It has anti-oxidant health benefits.

REFERENCES

Fioccardi, A., et al, 2022, First phytochemical study of six tree and shrub species with high health-promoting potential from Madagascar: Innovative uses for food and medicinal applications. Scientia Horticulturae 299 (2022) 111010

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/8a7bfe61-b41f-43e8-b5ce-5c1a9c12e641