PLANT FACT SHEET

Ficus vallis-choudae Delile

GENUS *Ficus* **FAMILY** Moraceae

COMMON NAMES Haroni fig, False cape fig

EDIBLE PARTS AND USES

Edible parts: Bark, Fruit, Leaves, Vegetable

The ripe figs are eaten fresh.

DESCRIPTION

A fig. It is a large tree. It grows 5-20 m tall. The crown is wide and spreading. Sometimes it has buttresses near the base. The bark is rough and grey. On leafy twigs the bark is often white or hairy. The skin flakes off when dry. The leaves are stiff. They are dark green and wide oval shape. The base is heart shaped. The leaves are about 20 cm long and 4-24 cm wide. The edge of the leaf has wide teeth and is often wavy. The leaf stalk is 2-11 cm long. There are 4-6 main pairs of veins. The lowest ones reach beyond the middle of the leaf blade. The fruit are figs which occur singly. They are 3-6 cm across. They are round and yellow-orange with orange stripes when ripe. They grow beside or just below the leaves. They grow on short woody stalks. They are succulent and edible.

HABITAT

A tropical plant. It is common is tropical Africa. It grows in the savannah in regions where the rainfall is 700-1500 mm per year. Mostly it occurs near rivers and lakes due to the groundwater. In Tanzania it grows between 400-1,800 m above sea level. It grows in Miombo woodland in Africa.

PRODUCTION

Cultivation

Plants grow naturally from seed. The figs have plenty of seed which should be extracted from the figs and dried before sowing. Seed can be stored for 2 months. Plants can be grown by cuttings.

Harvesting and Seed Production

Trees are fast growing. They can be pruned. In Tanzania fruit are available from November 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)

REFERENCES

Abbiw, D.K., 1990, Useful Plants of Ghana. West African uses of wild and cultivated plants. Intermediate Technology Publications and the Royal Botanic Gardens, Kew. p 42

Achigan-Dako, E, et al (Eds), 2009, Catalogue of Traditional Vegetables in Benin. International Foundation for Science.

Ambe, G., 2001, Les fruits sauvages comestibles des savanes guinéennes de Côte-d'Ivoire : état de la connaissance par une population locale, les Malinké. Biotechnol. Agron. Soc. Environ. 5(1), 43-48

Asfaw, Z. and Tadesse, M., 2001, Prospects for Sustainable Use and Development of Wild Food Plants in Ethiopia. Economic Botany, Vol. 55, No. 1, pp. 47-62

Atato, A., et al, 2010, Diversity of Edible Wild Fruit Tree Species of Togo. Global Science Books.

Burkill, H. M., 1985, The useful plants of west tropical Africa, Vol. 4. Kew.

Busson, 1965,

Dale, I. R. and Greenway, P. J., 1961, Kenya Trees and Shrubs. Nairobi. p 323

Dalziel, J. M., 1937, The Useful plants of west tropical Africa. Crown Agents for the Colonies London.

FAO, 1988, Traditional Food Plants, FAO Food and Nutrition Paper 42. FAO Rome p 284

Fassil, A., et al, 2024. Harvesting nature's bounty: exploring the ethnobotanical landscape of wild edible plants in the Awi Agäw community, Northwestern Ethiopia. Journal of Ethnobiology and Ethnomedicine (2024) 20:59

Fowler, D. G., 2007, Zambian Plants: Their Vernacular Names and Uses. Kew. p 49

Fox, F. W. & Young, M. E. N., 1982, Food from the Veld. Delta Books. p 274

Gilbert, T., et al, 2017, Diversity and local transformation of indigenous edible fruits in sahelian domain of Cameroon. Journal of Animal & Plant Sciences Vol. 26 (2): 5289-5300

Grivetti, L. E., 1980, Agricultural development: present and potential role of edible wild plants. Part 2: Sub-Saharan Africa, Report to the Department of State Agency for International Development. p 45

Grubben, G. J. H. and Denton, O. A. (eds), 2004, Plant Resources of Tropical Africa 2. Vegetables. PROTA, Wageningen, Netherlands. p 562

Glover et al, 1966b,

Hahn, K., et al, 2018, The use of wild plants for food: a national scale analysis for Burkina Faso (West Africa). FVSS FoodPlants Supplement

Jardin, C., 1970, List of Foods Used In Africa, FAO Nutrition Information Document Series No 2.p 78, 138

Kakeya, 1976,

Katende, A.B., Birnie, A & Tengnas B., 1995, Useful Trees and Shrubs for Uganda. Identification, Propagation and Management for Agricultural and Pastoral Communities. Technical handbook No 10. Regional Soil Conservation Unit, Nairobi, Kenya. p 326

Kidane, B., et al, 2014, Ethnobotany of Wild and Semi-wild Edible Fruit Species used by Maale and Ari Ethnic Communities in South Ethiopia. Ethnobotany Research and Applications. Vol. 12, 1546-3465-12-455

Kokwaro, J. O. and Johns. T., Luo Biological Dictionary. p 165

Le Houerou, H. N., (Ed.), 1980, Browse in Africa. The current state of knowledge. International Livestock Centre for Africa, Ethiopia. p 163

Lovett, J. C. et al, Field Guide to the Moist Forest Trees of Tanzania. p 109

Lulekal, E., et al, 2011, Wild edible plants in Ethiopia: a review on their potential to combat food insecurity. Afrika Focus - Vol. 24, No 2. pp 71-121

Malaisse, F., 1997, Se nourrir en floret claire africaine. Approche ecologique et nutritionnelle. CTA., p 63

Mengistu, F. & Hager, H., 2008, Wild Edible Fruit Species Cultural Domain, Informant Species Competence and Preference in Three Districts of Amhara Region, Ethiopia. Ethnobotany Research & Applications 6:487-502

Mutie, F. M., et al, 2023, Important Medicinal and Food Taxa (Orders and Families) in Kenya, Based on Three Quantitative Approaches. Plants 2023, 12, 1145

Palgrave, K.C., 1996, Trees of Southern Africa. Struik Publishers. p 118

Peters, C. R., O'Brien, E. M., and Drummond, R.B., 1992, Edible Wild plants of Sub-saharan Africa. Kew. p 152

Ruffo, C. K., Birnie, A. & Tengnas, B., 2002, Edible Wild Plants of Tanzania. RELMA p 330

Ruiters-Welcome, A. K., 2019, Food plants of southern Africa. Ph.D. thesis. Univ. of Johannesburg p 80

Tebkew, M. et al, 2014, Underutilized wild edible plants in the Chilga District, northwestern Ethiopia: focus on wild woody plants. Agriculture & Food Security 3:12

Terashima, H., et al, 1992, Ethnobotany of the Lega in the Tropical Rainforest of Eastern Zaire (Congo): Part Two, Zone de Walikale, African Study Monographs, Suppl. 19:1-60

van Wyk, Be., & Gericke, N., 2007, People's plants. A Guide to Useful Plants of Southern Africa. Briza. p 42

Vivien, J., & Faure, J.J., 1996, Fruitiers Sauvages d'Afrique. Especes du Cameroun. CTA p 221

von Katja Rembold, 2011, Conservation status of the vascular plants in East African rain forests. Dissertation Universitat Koblenz-Landau p 168

Welcome, A. K. & Van Wyk, B.-E., 2019, An inventory and analysis of the food plants of southern Africa. South African Journal of Botany 122 (2019) 136–179

White, F., Dowsett-Lemaire, F. and Chapman, J. D., 2001, Evergreen Forest Flora of Malawi. Kew. p 392

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

Full reference list (1 more) at https://www.echocommunity.org/en/resources/8c2526ba-2193-4964-9680-99efca9795ea

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/8c2526ba-2193-4964-9680-99efca9795ea