PLANT FACT SHEET

Ficus mexicana (Miq.) Miq.

GENUS *Ficus* **FAMILY** Moraceae

EDIBLE PARTS AND USES

Edible parts: Fruit

DESCRIPTION

A large tree. It grows 15-21 m tall. The leaves are oval and taper to both ends. They are 8 - 20 cm long by 3-8 cm wide. The fruit are about 1 cm across.

HABITAT

It is a tropical plant. It can grow in arid regions. It suits the seasonally dry tropics.

NOTES

Medicine,

REFERENCES

Nabhan, G. P., et al, 2022, Reviving the Arid American Diet in the Face of Climate Change: Assessing its Composition, Links to the Mesomerican Diet and Potential to Advance Indigenous Health and Diabetes Prevention. International Journal of Water Resources and Arid Environments 11(2): 81-112 (As Ficus radulina)

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/94a02b24-1c7a-4dff-885d-edfcdc7c79d4