PLANT FACT SHEET

Ficus simplicissima Lour.

GENUS *Ficus* **FAMILY** Moraceae

COMMON NAMES Five-finger hairy fig, Rough leaf fig

EDIBLE PARTS AND USES

Edible parts: Leaves, Fruit, Root - tea, Seeds

The ripe figs are eaten fresh.
The very young shoots and leaves are eaten raw as a side salad with rice. They are also cooked. They are also used in fermenting soybean.
The root is eaten in stews and soups.

DESCRIPTION

A fig. It is a shrub or small tree. It grows to 2-4 m high. The branches and leaves are hairy with yellow hairs. The leafy structure at the base of the leaf is red, oval and 1-3 cm long. The leaves are alternate. The leaves are 12-40 cm long by 8-35 cm wide. They are broadly oval. They often have 3-5 lobes. The leaves have small teeth around the edge and are roughly hairy underneath. The base is rounded. The fruit are fuzzy and berry like. They are yellow-orange to red when ripe. They are borne close to the stem. Some varieties have been described based on the size of the figs and the hairiness of the leaves.

HABITAT

A tropical and subtropical plant. It suits the wet tropics. In Nepal it grows to about 1000 m altitude. In S China it grows in forests and near forest edges and on mountain slopes and open land near villages from 100-1400 m altitude. In Sikkim it grows between 400-1,000 m above sea level.

PRODUCTION

Cultivation

Plants are grown from seed or cuttings.

Harvesting and Seed Production

In NE Thailand fruit are available May to June.

NOTES

There are about 800-1000 Ficus species. They are mostly in the tropics. There are 120 Ficus species in tropical America.

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Wild edible plants of Himachal Pradesh (As Ficus hirta)

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