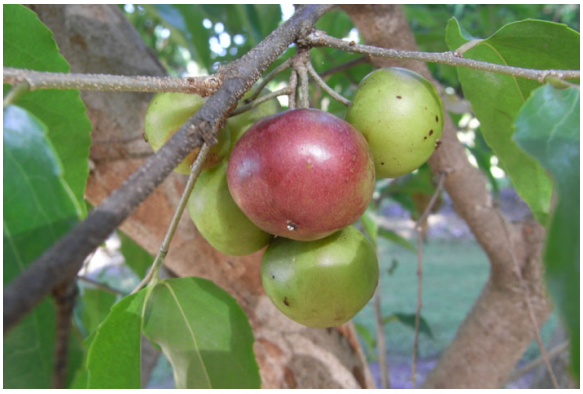
Flacourtia indica



Common name(s)
Governor's plum,

Edible portion:
Fruit, Vegetable, Tea,

Distribution
A tropical plant. It grows in the lowlands. They are found in the Philippines in Cagayan, Isabela, Tarlac, Zambales, Bataan, Rizal and Mindoro. They thrive in dry shrubby areas at low altitudes. Trees grow in coastal areas and up to 700 m or higher. In Africa it grows from sea level to 2,400 m above sea level. They suit drier areas. In Yunnan it grows between 700-1500 m altitude. It grows in subtropical broadleaved evergreen forest. It can grow in arid places. It also grows on limestone. It grows in Miombo woodland in Africa. It suits hardiness zones 10-12. In XTBG Yunnan.

Description
A shrub or small tree. It grows 5-15 m high. The trunk is crooked and low branched and armed with scattered slender spines. The leaves are alternate, pointed at the base and rounded at the tip. The edges of the leaves toothed with rounded lobes. Leaves are dark green on top and pale green underneath. They are 6-17 cm long and 3-7 cm wide. Male and female trees occur. The flowers are small and white, occur singly or in pairs in the axils of leaves or near the ends of short branches. The fruit are rounded, fleshy, purple or nearly black. They are smooth and about 1 cm across. The flesh is yellowish, juicy and acid. There are 6 to 10 small flattened seeds inside. The fruit are edible.

Use
The fleshy pulp of the fruit is eaten raw when ripe.
They are also cooked and eaten. They are used as a vegetable with *'tur'dal*.
They can be used to make jelly and jam.
Fruit can be dried and stored.

Cultivation
Trees are normally grown from seed. Because the seeds have a hard seed coat it helps to scratch the seed to help germination. Cuttings can be used. Air layering can be used. Groups of trees containing both male and female trees need to be grown from root suckers or by budding. Some kinds are self pollinating. A spacing of 12-16 m apart is needed.

Production
In India Rajasthan, fruit are available Feb - May. Fruit matures in 60-90 days from pollination. A tree can produce 2-3 kg of fruit.

Nutritional values

Edible Part	Moisture %	Energy kJ	Energy kcal	Protein g	Provit A µg	Vit C mg	Iron mg	Zinc mg
	(per 100 grams of edible portion)							
Fruit	69.5	452	108	0.5	15	14	1.2	

Indexing Data (print optional)

Found in

Africa, Andamans, Antigua and Barbuda, Asia, Australia, Bangladesh, Barbados, Botswana, Brazil, Burkina Faso, Burundi, Cambodia, Cameroon, Central Africa, Central America, China, Comoros, Congo, Congo DR, Cuba, Dominica, Dominican Republic, East Africa, East Timor, Eritrea, Eswatini, Ethiopia, Ghana, Grenada, Guatemala, Guinea, Guinée, Guinea-Bissau, Guyana, Hawaii, Himalayas, Honduras, India, Indochina, Indonesia, Jamaica, Kenya, Laos, Madagascar, Malawi, Malaysia, Mauritius, Mozambique, Myanmar, Namibia, Nepal, Niger, Nigeria, North America, Northeastern India, NW India, Pacific, Pakistan, Papua New Guinea, PNG, Philippines, Puerto Rico, Rwanda, Sahel, Sao Tome and Principe, SE Asia, Seychelles, Sierra Leone, Somalia, South Africa, Southern Africa, South America, Sri Lanka, St Kitts and Nevis, Sudan, Swaziland, Tanzania, Thailand, Timor-Leste, Trinidad and Tobago, Uganda, USA, Venezuela, Vietnam, Virgin Islands, West Africa, West Indies, Zambia, Zimbabwe,

Synonyms

Flacourtia afra Pichi-Serm.;
Flacourtia afra (K. Schum.) Garcia;
Flacourtia balansae Gagnep.;
Flacourtia frondosa Clos;
Flacourtia gambecola Clos;
Flacourtia heterophylla Turcz.;
Flacourtia hirtiuscula Oliv.;
Flacourtia latifolia T. Cooke;
Flacourtia lenis Craib;
Flacourtia obcordata Roxb.;
Flacourtia parvifolia Merr.;
Flacourtia perrottetiana Clos;
Flacourtia ramontchii L'Heritier;
Flacourtia rotundifolia Clos;
Flacourtia sapida Roxb.;
Flacourtia sepiaria Roxb.;
Flacourtia sepiaria var. *frondosa* Clos;
Flacourtia sepiaria var. *leucophloea* Clos;
Flacourtia thorelii Gagnep.;
Gmelina indica Burm. f.;
Gmelina javanica Christm.;
Mespilus silvestris Burm.;
Myroxylon decline Blanco;
Rhamnopsis sepiaria Rchb.;
Sideroxylon spinosum Willd.;
Spina spinarum I mas Rumph.;
Stigmarota africana Lour.;
Stigmarota edulis Blanco;

Other common names

A zi long jie a bo, Baga, Baichi, Bainchi, Banchi, Batoko plum, Ben, Bhanber, Bhekal, Bhenkal, Bilangada, Bila-ngara, Bilangra, Bitangol, Bitongol, Boichi, Boicifol, Boinchi, Bolong, Botoko plum, Chik, Ciruela forastera, Dawi, Dunadunise, Duri rukem, Galguggar, Gargugal, Goewerneurspruim, Gurchinchi, Hakoku, Hambia, Hapa vadama, Hattarimullu, Hongquan an, Hudhaa, Hunmunki, India bitongol, Itusa, Jingoma, Kakai, Kaker, Kakooaa, Kandi, Kandregu, Kanel, Kangu, Kanju, Kankar, Kankod, Kanteikoli, Karkkadappazham, Kanter, Karai, Katai, Katar, Katia, Katukala, Katu-kali, Katulovi, Kerkup kechil, Khatai, Kiathani, Kikathani, Koko, Kokoh, Kokowi, Krorkob, Kuduntabga, Kukai, Lamontiala, Lamoty, Lateku tenga, Lodri, Mabota, Madagascar plum, Majin, Mak ken to khuaai, Mak kvien, Mchongoma, Merhle, Metema, Mgogola, Mgola, Mhilipili, Mkalifumbula, Mng'unga, Mong quan, Mpuguswa, Msingila, Mtawa, Mtumbusya, Mubukushu, Mudendweya, Mududwe, Mugola, Mukulumbisha, Mukulumbishia, Mulanninchi, Mullumayilai, Munhunguru, Munyondoya, Mutana, Mutombototo, Mutudza, Mutundumbira, Mutunguru, Mutudza, Naboe, Nahon, Naywe, Nnaua, Nthudza, Ntudja, Pac-knala, Paker, Palutan, Paniala, Parhenkal, Payala, Phetara, Pohon rukemmadagaskar, Ramontchi, Ri rukem, Ri sisir, Saradan, Sepaia, Sherawane, Sokhalmo, Songoma, Sottaikala, Takhob, Ta khop pa, Ta khop paa, Toleta, Tongonamunziro, Tsapenai, Tsingoma, Tsvanzwa, Uguressa, Ukolokoto, Umbula, Umqogolo, Umqokolo, Umtabhala, Umtungula, Umuolo, Yat dago,

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