PLANT FACT SHEET

Inga insignis Kunth

GENUS *Inga* **FAMILY** Fabaceae

COMMON NAMES Guaba de zorro

EDIBLE PARTS AND USES

Edible parts: Fruit - aril, pod

The pulp of the fruit is eaten.

DESCRIPTION

A tree. It grows 10 m high. The leaves are compound. They are reddish-green when young and turn brownish when old. The flowers are green or yellow. The stamens are long and white. The fruit are green pods. They are covered with white hairs. There is a white aril layer around the seeds.

HABITAT

A tropical plant. It can grow on poor soils. It can tolerate long dry seasons. In Ecuador it grows between 1,450-2,850 m above sea level.

PRODUCTION

Cultivation

Plants grow easily from seeds. Seeds germinate in 1-2 weeks given moisture and shade.

NOTES

Also as Mimosaceae.

REFERENCES

Grandtner, M. M. & Chevrette, J., 2013, Dictionary of Trees, Volume 2: South America: Nomenclature, Taxonomy and Ecology. Academic Press p 321

Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 355

Quintana, C. M., 2010, Wild Plants in the Dry Valleys Around Quito Ecuador. An Illustrated Guide. Publicationes del Harbario, QCA p 119

ILDIS Legumes of the World http:www;ildis.org/Legume/Web

Kermath, B. M., et al, 2014, Food Plants in the Americas: A survey of the domesticated, cultivated and wild plants used for Human food in North, Central and South America and the Caribbean. On line draft. p 440

Kew Plants of the World On line

Martin, F. W., et al, 1987, Perennial Edible Fruits of the Tropics. USDA Handbook 642 p 99

Penafield Anchundia, D. D., 2017, Traditional food consumption and its nutritional contribution in Guasaganda, Central Ecuador. PhD Ghent University p 72

Pennington, T. D. 1997, The genus Inga, botany. Kew Books.

Reis, S. V. and Lipp, F. L., 1982, New Plant Sources for Drugs and Foods from the New York Botanical Garden herbarium. Harvard. p 115

Roa, J. A. G. & Boada, D. S. G., 2018, Fundación para el Fortalecimiento de la Fruticultura y Plantas Alimenticias no Convencionales en Colombia.

Torre, de la, L., et al, 2008, Enciclopedia de las Plantas Útiles del Ecuador. Herbario QCA. Pontificia Universidad Católica del Ecuador. p 344, p 346 (As Inga ornifolia)

Van den Eynden, V., et al, 2003, Wild Foods from South Ecuador. Economic Botany 57(4): 576-603

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/a51a439b-1ff1-4afb-aef7-921e9349ecef