PLANT FACT SHEET

Allaeanthus luzonicus (Blanco) Fern.-Vill.

GENUS *Allaeanthus* **FAMILY** Moraceae

COMMON NAMES Philippine spinach

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers, Fruit

The flowers and young leaves are cooked and eaten as a vegetable.
They are boiled and eaten with roasted fish.
The ripe fruit is sweet and eaten raw.

DESCRIPTION

A medium sized tree. It loses its leaves during the year. It grows 15 m tall and the trunk is 30 cm across. The leaves are alternate, pointed at the tip and rounded at the base. They are 5 to 15 cm long. The lower surface of the leaves is very hairy. The flowers are very small and borne on very long slender spike-like flowering branches.

HABITAT

It is a tropical plant. They occur from northern Luzon to Basilan and are common in secondary forests. It thrives in sunny positions. It can grow in soils of average fertility.

PRODUCTION

Cultivation

It can be grown from seeds or from cuttings of mature branches.

NOTES

The Moraceae are mostly in the warm areas of the world.

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