PLANT FACT SHEET

Helicia cochinchinensis Loureiro

GENUS *Helicia* **FAMILY** Proteaceae

EDIBLE PARTS AND USES

Edible parts: Seeds, Nuts

The fruit are eaten raw.

DESCRIPTION

A shrub or tree. It grows 4-20 m high. The branches and leaves are smooth. The leaf stalk is 0.5-1.5 cm long. The leaf blade is oval and 5-12 cm long by 2.5-5 cm wide. It is papery or slightly leathery. The base is wedge shaped. There are a few teeth near the tip in young leaves. Leaves taper to a short tip. There are 6-7 pairs of veins. The flower racemes are in the axils of leaves. They are 8-14 cm long. The flowers are whitish or yellow. The fruit is narrowly oval and 1-1.5 cm long by 0.8-1 cm wide. It is bluish black.

HABITAT

A tropical and subtropical plant. It grows in evergreen and mixed forests on plains or mountain slopes between 100-500 m altitude in S China. It can grow up to 1700 m altitude. In Yunnan.

NOTES

There are about 90 Helicia species mostly in SE Asia with some in N Australia.

REFERENCES

Burkill, I.H., 1966, A Dictionary of the Economic Products of the Malay Peninsula. Ministry of Agriculture and Cooperatives, Kuala Lumpur, Malaysia. Vol 1 (A-H) p 1151

Crevost & Lemarie, 1917, p 261

Fl. cochinch. 1:83. 1790

Flora of China @ efloras.org Volume 5

Jin, Chen et al, 1999, Ethnobotanical studies on Wild Edible Fruits in Southern Yunnan: Folk Names: Nutritional Value and Uses. Economic Botany 53(1) pp 2-14

PROSEA No. 2 pp 340-341

Wickens, G.E., 1995, Edible Nuts. FAO Non-wood forest products. FAO, Rome. p147

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

www.efloras.org Flora of China

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/b0463835-96b6-437c-8eb3-225c59fc24be