PLANT FACT SHEET

Helicia nilagirica Beddome

GENUS *Helicia* **FAMILY** Proteaceae

COMMON NAMES Mountain lagenaria, Hog fruit

EDIBLE PARTS AND USES

Edible parts: Fruit, Flowers, Seeds

The seeds are cooked and eaten.

DESCRIPTION

A tree. It grows 5-10 m tall. The small branches have a velvety covering. The leaves are broadly oval and 10-17 cm long by 5-9 cm wide. The base is wedge shaped. There are teeth along the edge. The flowers are yellow or white and in pairs on stalks 12-16 cm long. The fruit is round and flattened. They are 25-35 cm long and 4 cm across. They have a woody covering 4 mm thick.

HABITAT

It is a subtropical plant. It is native to the eastern Himalayas region in China. It grows among trees in sunny hillsides between 1,100-2,100 m altitude. In Yunnan.

NOTES

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/b05d2f8a-7a79-42e3-832d-0165a2163b4d