PLANT FACT SHEET

# *Englerophytum natalense* (Sond.) T. D. Penn.

**GENUS** *Englerophytum* **FAMILY** Sapotaceae

**COMMON NAMES** Natal milk plum, Forest stem-fruit, Natal sweet plum

## EDIBLE PARTS AND USES

**Edible parts:** Fruit

The fruit is eaten and is pleasant.
It is also used for wine, syrup and jelly.

## DESCRIPTION

A medium sized tree. It can grow to 15 m tall. The branches are horizontal. The trunk can be 50 cm across. The trunk is often fluted. The twigs are smooth, grey and slender. The leaves are sword shaped and slender and taper at both ends. They are 5.5-15 cm long by 1.8-5 cm wide. They are green, smooth and shiny above and silvery grey and finely hairy underneath. There midrib is sunken above and raised below. The twigs and young growth is reddish. The flowers are small and without stalks. They are white or yellow. They occur singly or in two's or three's in the axils of leaves. The fruit are berries. They are 2.5-3.8 cm long. They are red when ripe. The seed is large and oblong. The fruit is edible.

## HABITAT

A tropical plant. It is damaged by frost. It occurs in mixed evergreen forest. It grows below 1,800 m above sea level. It can grow in arid places.

## PRODUCTION

### Cultivation

Plants can be grown from seed.

### Harvesting and Seed Production

In Tanzania fruit are collected from April to June.

## NOTES

It is high in Vitamin C.

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