PLANT FACT SHEET

Sterculia hamiltonii (O. Kuntze) Adelb.

GENUS *Sterculia* **FAMILY** Malvaceae

COMMON NAMES Takampalam

EDIBLE PARTS AND USES

Edible parts: Fruit, Seeds, Nuts

The ripe seeds are eaten as a substitute for peanuts. They are tasty and oily. They are roasted.
The tender fruit are boiled and eaten.

DESCRIPTION

A shrub or small tree. The bark is grey and warty. The leaves are arranged in spirals. They are simple and broadly oval. The flowers are cream to white. The fruit or seed pods are red and oval with 1-4 seeds. The seeds are black-brown and oval.

HABITAT

It is a tropical and subtropical plant. In Nepal it grows between 300-1,100 m above sea level.

PRODUCTION

Cultivation

Plants are grown from seeds.

Harvesting and Seed Production

In Sikkim fruit are available May to July.

NOTES

Also put in the family Sterculiaceae.
This is an unresolved name in The Plant List but is possibly a synonym of Sterculia coccinea Jack.

PICTURES



Credit: Food Plants International (Bruce French)



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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/bb72a730-53fc-418e-95a1-cba7f85392c6