PLANT FACT SHEET

Mimusops zeyheri Sond.

GENUS *Mimusops* **FAMILY** Sapotaceae

COMMON NAMES Red milkwood

EDIBLE PARTS AND USES

Edible parts: Fruit

The fruit are eaten raw. It can be sun dried then stored. The fruit is used for jams and jellies and is also fermented for an alcoholic drinks. Caution: Alcohol is a cause of cancer.

DESCRIPTION

An evergreen tree. It often grows 4.5-6 m tall but can be 15 m tall. It has spreading branches. Young plant parts have reddish hairs. The leaves are simple and alternate. They are leathery and dark green above and duller underneath. Leaves are 3.5-11 cm long by 2-5 cm wide. The leaf stalks are reddish and 2.5 cm long. The young leaves are a rusty velvet below. The flowers are white. They have a sweet smell. They occur in clusters on long, curved, hairy red stalks. The fruit are round berries 2-3 cm long. When young they are green with white dots and when mature are bright yellow. There are one or more shiny brown seeds inside. The fruit are edible.

HABITAT

A tropical plant. It grows in savannah woodland. It needs well-drained soil. It needs a mild winter climate and summer rainfall. It grows between 1,150-2,100 m above sea level. In Zimbabwe it is between 880-1,490 m above sea level. It can grow in arid places. It suits hardiness zones 9-11.

PRODUCTION

Cultivation

Plants can be grown from seed. The seed need to be planted fresh. Stored seed need to be immersed in water for 24 hours before sowing.

Harvesting and Seed Production

Trees are slow growing.

NOTES

The fruit are high in Vitamin C. There are 55 Mimusops species.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

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