PLANT FACT SHEET

# *Helicia serrata* Blume

**GENUS** *Helicia* **FAMILY** Proteaceae

## EDIBLE PARTS AND USES

**Edible parts:** Leaves

The young leaves are cooked and eaten.

## DESCRIPTION

A medium sized tree. It grows 15-30 m tall. The trunk is straight and 25-50 cm across. The young shoots have a reddish colouring. The leave are arranged in spirals. They are narrowly oval and taper to the base. There are teeth along the edge. The leaves are 15-20 cm long by 6-8 cm wide. The leaf stalks are 2 cm long. The flowers are at the ends of branches or in the axils of leaves. The flowers are small and white. They have a sweet scent. The fruit are oval and flattened on one side. There are furrows along them. The fruit are 2-3 cm long.

## HABITAT

A tropical plant. It grows in mountain forests and valleys between 200-2,000 m above sea level in Indonesia.

## PRODUCTION

### Cultivation

Plants can be grown from seeds.

## NOTES

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

## REFERENCES


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