PLANT FACT SHEET

Artocarpus sarawakensis Jarrett

GENUS *Artocarpus* **FAMILY** Moraceae

COMMON NAMES Pingan

EDIBLE PARTS AND USES

Edible parts: Fruit, Seeds

The fruit are eaten.
The seeds are boiled, roasted or fried and eaten.

DESCRIPTION

A tree. It grows 25 m high. The leaves are large. They can be 60 cm across. They are deep green and undivided. The leaf stalk has a covering of golden hairs. The fruit are orange brown. They are 7.5-10 cm across. The seed inside is surrounded by a fleshy layer.

HABITAT

A tropical plant. It grows in lowland forests and up to 300 m above sea level.

PRODUCTION

Cultivation

Plants are grown from seeds.

NOTES

There are about 50 Artocarpus species. They are in the tropics and subtropics of Asia and the Pacific.

REFERENCES

Chai, P. P. K. (Ed), et al, 2000, A checklist of Flora, Fauna, Food and Medicinal Plants. Lanjak Entimau Wildlife Sanctuary, Sarawak. Forestry Malaysia & ITTO. p 169

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 154

Milow, P., et al, 2013, Malaysian species of plants with edible fruits or seeds and their evaluation. International Journal of Fruit Science. 14:1, 1-27

PROSEA No. 2

Siong, K. H., 2003, Indigenous Fruits of Sarawak. Forest Department Sarawak. p 101

Soepadmo, E. and Saw, L. G., 2000, Tree Flora of Sabah and Sarawak. Forestry Malaysia. Volume Three. p 210

Tankard, G., 1990, Tropical fruit. An Australian Guide to Growing and using exotic fruit. Viking p 122

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/ca7bfbf3-b93f-498b-9019-d1463d648522