PLANT FACT SHEET

Ficus insipida Willd.

GENUS *Ficus* **FAMILY** Moraceae

COMMON NAMES Caxinguba, Amate

EDIBLE PARTS AND USES

Edible parts: Latex - food tenderiser, Fruit

The latex is used commercially as a meat tenderiser, and in edible collagen films, sausage casings and in chillproofing beer. It is also used in curdling milk for cheese.
The fruit are eaten.

DESCRIPTION

A fig. It is a large tree. It has buttresses. the bark is smooth and grey brown. The leaves are bright shiny green with yellow veins. The fallen leaves turn bright yellow. There is a circular scar at the base of each leaf. Broken leaves drip white latex. The flowers and fruit are inside the fig balls. The flowers are pollinated by wasps.

HABITAT

It is a tropical plant. It grows in open areas.

NOTES

There are about 800-1000 Ficus species. They are mostly in the tropics. There are 120 Ficus species in tropical America.

REFERENCES

Condit, R., et al, 2011, Trees of Panama and Costa Rica. Princeton Field Guides. p 324

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 155

Kermath, B. M., et al, 2014, Food Plants in the Americas: A survey of the domesticated, cultivated and wild plants used for Human food in North, Central and South America and the Caribbean. On line draft. p 370

Kew Plants of the World Online

Lopez-Diago, D. & Garcia, N., 2021, Wild edible fruits of Colombia. Biota ColomBiana 22 (2) p 43

Piedra-Malagon, E. M., et al, 2006, El Genero Ficus (Moraceae) en al estado de Morelos, Mexico. Acta Botanica Mexicana 75:45-75

Sp. pl. 4(2):1143. 1806

Wiersema, J. H. & Leon, B., 2013, World Economic Plants. A Standard Reference CRC Press. 2nd Ed. p 305

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

Yetman, D., 2002, The Guarijios of the Sierra Madre: Hidden People of Northwestern Mexico. University of New Mexico Press. p 212

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/cab7e0e3-0cf4-4aa0-95ea-854e04fd6e1b