PLANT FACT SHEET

# *Barringtonia macrostachya* (Jack) Kurz

**GENUS** *Barringtonia* **FAMILY** Lecythidaceae

**COMMON NAMES** Red putat, Barringtonia karuk tree

## EDIBLE PARTS AND USES

**Edible parts:** Seeds, Leaves

The seeds are washed with cinders and chalk and are then edible. They are starchy.
The young leaves are eaten.

## DESCRIPTION

A broad tree. The leaves are sword shaped and have teeth along the edge. They are pale on the upper side. They are 25 cm long. The flowering stalks are long. The fruit are oblong. The seeds are 2.5 cm across.

## HABITAT

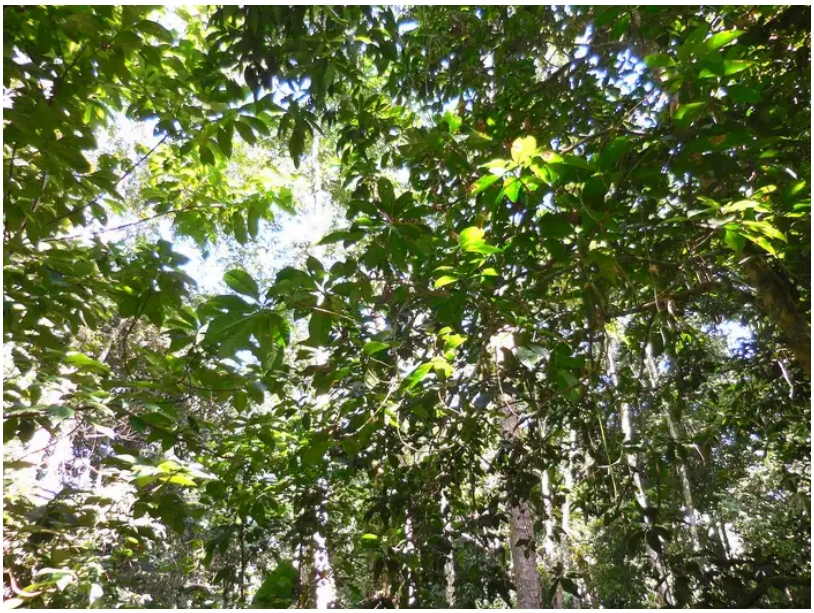
It is a tropical plant. It grows from sea level to 700 m above sea level or higher. It grows in swampy areas and along rivers. In XTBG Yunnan.

## PRODUCTION

### Cultivation

Plants can be grown from seed.

## PICTURES



Credit: Food Plants International (Bruce French)

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