PLANT FACT SHEET

Ficus fistulosa Reinw. ex Blume

GENUS *Ficus* **FAMILY** Moraceae

COMMON NAMES Common yellow stem fig

EDIBLE PARTS AND USES

Edible parts: Leaves, Fruit, Vegetable

Young leaves are eaten in salads.
The young figs are eaten raw or cooked in curries.

DESCRIPTION

A fig. It is a small tree. It is evergreen. It is 10-15 m high. The trunk is 15-30 cm across. The sexes are separate. The bark is dark brown. The small branches are coarse. The leafy structures near the base of the leaves are oval and about 1.7 cm long. The leaf stalk is 1.5-4 cm long. The leaves are alternate. The leaf blade is oblong and 10-20 cm long by 4-7 cm wide. They are papery. They are slightly hairy underneath. The base is wedge shaped but unequal. The tip is sharp. The figs are in clusters on small outgrowths from old stems. They are orange red when mature and round but flattened. They are 1.5-2 cm across. They are smooth. The stalk is 0.8-2.4 cm long. Male and gall flowers are in the same fig with the male flowers near the opening.

HABITAT

A tropical plant. In China it grows in forest and along streams and on rocks in S China. It is shade tolerant. It grows between 200-600 m above sea level. In XTBG Yunnan.

PRODUCTION

Cultivation

Plants can be grown by seeds. It can be planted by stem cuttings or air layering.

NOTES

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

REFERENCES

Ambasta, S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 222

Anderson, E. F., 1993, Plants and people of the Golden Triangle. Dioscorides Press. p 211

Bhatt, D., Chandra Sekar, K. and Kumar, K., 2020, Tree Diversity of Indian Himalayan Region. G.B. Pant National Institute of Himalayan Environment, Almora, Uttarakhand, India. p 79

Burkill, I. H., 1966, A Dictionary of the Economic Products of the Malay Peninsula. Ministry of Agriculture and Cooperatives, Kuala Lumpur, Malaysia. Vol 1 (A-H) p 1025

Chiang Mai University Vol. 4 , 1964, bio1080uu, Table 6 p 76

Delang, C. O., 2007, Ecological Succession of Usable Plants in an Eleven-Year Fallow Cycle in North Lao P.D.R., Ethnobotany Research and Applications. Vol. 5:331-350

Flora of China.

Forest Inventory and Planning Institute, 1996, Vietnam Forest Trees. Agriculture Publishing House p 546 (As Ficus harlandii)

Hariyadi, B., 2008, The Entwined Tree: Traditional Natural Resource Management of Serampas, Jambi, Indonesia. Ph. D thesis. Univ. or Hawaii. p 402

Japanese International Research Centre for Agricultural Science www.jircas.affrc.go.jp/project/value_addition/Vegetables

Luczaj, L., et al, 2021, Wild food plants and fungi sold in the markets of Luang Prabang, Lao PDR. Journal of Ethnobiology and Ethnomedicine (2021) 17:6

Martin, F.W. & Ruberte, R.M., 1979, Edible Leaves of the Tropics. Antillian College Press, Mayaguez, Puerto Rico. p 206

Nakahara, K. et al, 2002, Antimutagenicity of Some Edible Thai Plants, and a Biocative Carbazole Alkaloid, Mahanine, Isolated from Micromelum minutum. Journal of Agricultural and Food Chemistry. 50: 4796-4892

Ochse, J.J. et al, 1931, Vegetables of the Dutch East Indies. Asher reprint. p 495

Priyadi, H., et al, Five hundred plant species in Gunung Halimun Salak National Park West Java. A checklist including Sundanese names, distribution and use. CIFOR, FFPRI, SLU p 18

Putra, H. F. & Mustaqim, W. A., 2021, Diversity, conservation, potential uses, and alien species of lowland
plants of Batang Toru, Sumatra, Indonesia. Biodiversitas Vol. 22 No. 3 pp 1580-1591

Slik, F., www.asianplant.net

Sukarya, D. G., (Ed.) 2013, 3,500 Plant Species of the Botanic Gardens of Indonesia. LIPI p 284

Suwardi, A.B., et al, 2023, The diversity and regional conservation status of wild edible fruit species in Sumatra, Indonesia. Biodiversitas Vol. 24 No. 6. pp 3245-3257

Syamsuardi, et al, 2022, Diversity and use of wild edible fruits in the Bukit Rimbang-Bukit Baling Wildlife Reserve, Kampar, Riau, Indonesia. Biodiversitas. Vol. 23 No. 10 : 5035-5042 - Sumatra.

Terra, G. J. A., 1973, Tropical Vegetables. Communication 54e Royal Tropical Institute, Amsterdam, p 46

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

www.eFloras.org Flora of China

Xu, You-Kai, et al, 2004, Wild Vegetable Resources and Market Survey in Xishuangbanna, Southwest China. Economic Botany. 58(4): 647-667.

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/d6bda905-effa-4550-959a-55184d91d28a