PLANT FACT SHEET

Ficus palmata Forssk.

GENUS *Ficus* **FAMILY** Moraceae

COMMON NAMES Punjab fig

EDIBLE PARTS AND USES

Edible parts: Fruit, Leaves, Latex

The ripe fig fruit are eaten raw. They are used in drinks, jam and jelly and are also dried.
The young shoots are cooked and eaten. They are boiled, fried and used as a green vegetable.
The leaves are boiled for 2 hours to soften completely then eaten.
The latex is used to curdle milk.

DESCRIPTION

This is the eastern form of the cultivated fig, Ficus carica. It is a shrub. It loses its leaves during the year. It grows to about 4-8 m high. The twigs are furry. The bark is smooth and ashy or brown. The leaves are round and sometimes deeply lobed. There are teeth along the edge. The leaves have stalks. The leaves are 2.5-15 cm long by 3-13.5 cm wide. The figs occur singly and have stalks. They are downy. The figs are yellow-purple when ripe. They are 1-2.5 cm across.

HABITAT

A subtropical plant. It grows in open places near watercourses. In Nepal it grows from 600-2700 m altitude. It is often on rocky slopes and in drier areas. It can grow in arid places.

PRODUCTION

Cultivation

Plants can be grown from seeds or cuttings.

Harvesting and Seed Production

In India fruit are available from February to July.

NOTES

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

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