PLANT FACT SHEET

Uapaca mole Pax

GENUS *Uapaca* **FAMILY** Phyllanthaceae

EDIBLE PARTS AND USES

Edible parts: Fruit

The ripe fruit is eaten. The seeds are discarded. It tastes like avocado.
The fruit is squeezed into water to make a drink.

DESCRIPTION

A tree. It grows to 20 m high. It has stilt roots. It loses its leaves during the year. The crown is dense and the branches are low. The leaves are arranged alternately. They are crowded near the ends of branches. The leaves are very large. They are 16-50 cm long by 10-25 cm wide. They are softly hairy underneath. Male and female trees are separate. Male flowers are in round heads. These are 8-10 mm across. Female flowers occur singly. The fruit is round and fleshy. They are about 3 cm long by 2 cm wide. They are green but turn brown. There are 3 stones with one seed in each.

HABITAT

A tropical plant. It grows in swamps and near lakes. In Tanzania it grows between 600-1,400 m altitude. It suits the wet tropics.

PRODUCTION

Cultivation

It is grown from fresh seed. It can be cut back and allowed to re-grow.

Harvesting and Seed Production

The fruit are collected throughout the year.

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