PLANT FACT SHEET

Trema orientalis (L.) Blume

GENUS *Trema* **FAMILY** Cannabaceae

COMMON NAMES African elm, Tree Peach, Woolly Cedar

EDIBLE PARTS AND USES

Edible parts: Leaves, Fruit, Vegetable

The young leaves are cooked and eaten as a vegetable.
The ripe fruit are eaten raw.

DESCRIPTION

A straight slender tree. It grows to 10 m high. The trunk is 15-20 cm across. It may or may not lose its leaves during the year. The leaves have 3 conspicuous veins from the base. The leaves are heart shaped and with 3 veins. The leaves are often widest at the base. Leaves are often 6-15 cm long by 2.5-5 cm wide. There are fine teeth along the edge of the leaf. The leaves are rough and hairy when young. The flowers are small, green and no easily seen. They occur in short dense bunches. Mostly male and female flowers occur separately. The fruit are small and round and black. They are 4-6 mm across.

HABITAT

A tropical plant. It needs good rainfall. It grows in tropical regions. It is light demanding. It can grow on thin poor soils. It grows in areas with an annual between 100-1,600 mm. It grows below 2,100 m above sea level. It can grow in acid soils. It can grow in arid places. In Sichuan and Yunnan.

PRODUCTION

Cultivation

Plants are grown from seed. Seeds germinate easily. They can also be grown by cuttings.

Harvesting and Seed Production

It is fast growing but short lived.

NOTES

It fixes nitrogen so improves soil fertility.
It is used in medicine.
Also put in the family Ulmaceae.

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