PLANT FACT SHEET

# *Lithocarpus vestitus* (Hick. et A. Camus) A. Camus

**GENUS** *Lithocarpus* **FAMILY** Fagaceae

**COMMON NAMES** Soi long nhung

## EDIBLE PARTS AND USES

**Edible parts:** Nuts

The seeds contain edible starch. This is used to distill alcohol. Caution: Alcohol is a cause of cancer.

## DESCRIPTION

An evergreen tree. It grows to 20 m high. The trunk is 40 cm across. The fruit is a nut. The nut tapers to a tip. It has grey hairs.

## HABITAT

A tropical plant. It occurs in evergreen mountainous forests below 1,000 m altitude.

## PRODUCTION

### Harvesting and Seed Production

It is a slow growing tree.

## NOTES

There are about 300 Lithocarpus species.

## REFERENCES

Forest Inventory and Planning Institute, 1996, Vietnam Forest Trees. Agriculture Publishing House p 294

**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/e09bdd8b-388b-41a2-bfc4-a82e243b7bd3