PLANT FACT SHEET

Visnea mocanera L. f.

GENUS *Visnea* **FAMILY** Pentaphylacaceae

EDIBLE PARTS AND USES

Edible parts: Fruit

The fruit are eaten raw or boild to make a liqueur.

DESCRIPTION

A tree. It grows 4 m tall. The bark is green to grey and is slightly rough. The leaves are simple and alternate. They are narrowly sword shaped and 4-6 cm long by 2.5-3 cm wide. They are dark green but more pale underneath. The fruit is a fleshy capsule 1-1.5 cm across and it turns green to red then black.

HABITAT

It is a temperate plant. It grows best between 300-600 m above sea level.

NOTES

An unresolved name in The Plant List.
It is a threatened species.

REFERENCES

Duenas, M. et al, 2003, Phenolic composition and antioxidant activity of mocan seeds (Visnea mocanera L. f.). Food Chemistry 82: 373-379

Morales, J. & Gil, J. M., Gathering in a new Environment: The Use of Wild Food Plants during the Colonisation of the Canary Islands, Spain (2nd-3rd Century BCE to 15th Century CE) p 221

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/e47988f3-caa9-4b26-871f-c7f4269f5c58