PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Hevea benthamiana Mull.Arg.

GENUS *Hevea* **FAMILY** Euphorbiaceae

EDIBLE PARTS AND USES

Edible parts: Seeds

The seeds are cooked and eaten. They are cooked for 24 hours then the liquid strained off.
Caution: They can contain cyanide so need to be well cooked.

DESCRIPTION

A medium sized evergreen tree. It grows 20-27 m tall. The trunk can be swollen and bottle like when grow in flooded areas. The tree loses its leaves during the year. The leaves have 3 narrowly oval leaflets. They have brown hairs underneath. Male and female flowers are separate on the same plant. The

HABITAT

It is a tropical plant. It grows in low alluvial flood sites. It suits the wet tropics.

REFERENCES

Fern, K., 2012, Tropical Species Database http://theferns.info/tropical/

Journal of the Arnold Arboretum Vol 37. 1956, http://www.bioversitylibrary.org

Kew Plants of the World On line

Roa, J. A. G. & Boada, D. S. G., 2018, Fundación para el Fortalecimiento de la Fruticultura y Plantas Alimenticias no Convencionales en Colombia.

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/e5841f94-73e9-4b51-b274-33d120f823c8