PLANT FACT SHEET

Inga sapindoides Willd.

GENUS *Inga* **FAMILY** Fabaceae

EDIBLE PARTS AND USES

Edible parts: Seeds, pod, Fruit - aril

The velvety aril or layer around the seeds is eaten raw.
The green pods are sometimes boiled for an extended time and eaten.

DESCRIPTION

A tree. The leaves have leaflets in 3 pairs. They are almost the same size. The stalk has narrow wings. The leaflets and stalks have fine yellow or red hairs. The fruit is a long flat pod.

HABITAT

A tropical plant. It grows in lowland areas.

PRODUCTION

Cultivation

Plants grow easily from fresh seeds. Seeds germinate in 1-2 weeks given moisture and shade.

NOTES

There are 350 Inga species. Also as Mimosaceae.

REFERENCES

Altschul, S.V.R., 1973, Drugs and Foods from Little-known Plants. Notes in Harvard University Herbaria. Harvard Univ. Press. Massachusetts. no. 1506

Condit, R., et al, 2011, Trees of Panama and Costa Rica. Princeton Field Guides. p 202

Duchelle, A. E., 2007, Observations on Natural Resource use and Conservation by the Shuar In Ecuador's Cordillera del Condor. Ethnobotany Research & Applications 5:005-023

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 152 (As Inga preussii)

Galeano, G., 2000, Forest Use at the Pacific Coast of Choco, Colombia: A Quantitative Approach. Economic Botany, Vol. 54, No. 3, pp. 358-376 (Could be pig food!) (As Inga pavoniana)

Grandtner, M. M., 2008, World Dictionary of Trees. Wood and Forest Science Department. Laval University, Quebec, Qc Canada. (Internet database http://www.wdt.qc.ca)

Grandtner, M. M. & Chevrette, J., 2013, Dictionary of Trees, Volume 2: South America: Nomenclature, Taxonomy and Ecology. Academic Press p 325

Kermath, B. M., et al, 2014, Food Plants in the Americas: A survey of the domesticated, cultivated and wild plants used for Human food in North, Central and South America and the Caribbean. On line draft. p 446

ILDIS Legumes of the World http:www;ildis.org/Legume/Web

Kew Plants of the World On line

Lentz, D. L., 1986, Ethnobotany of the Jicaque of Honduras. Economic Botany 40(2):210-219

Lentz, D. L., 1993, Medicinal and Other Economic Plants of the Paya of Honduras. Economic Botany, Vol. 47, No. 4, pp. 358-370

Leon, J., 1966, Central American and West Indian Species of Inga (Leguminosae). Annals of the Missouri Botanical Garden. Vol. 53. No. 3, p. 274

Lopez-Diago, D. & Garcia, N., 2021, Wild edible fruits of Colombia. Biota ColomBiana 22 (2) p 38

Piedra-Malagón, E. M., et al, 2022, Edible native plants of the Gulf of Mexico Province. Biodiversity Data Journal 10: e80565 p 21

Reis, S. V. and Lipp, F. L., 1982, New Plant Sources for Drugs and Foods from the New York Botanical Garden herbarium. Harvard. p 115

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

Segura, S., et al, 2018, The edible fruit species in Mexico. Genet Resour Crop Evol (2018) 65:1767–1793 (As Inga rodrigueziana)

Sp. pl. 4(2):1012. 1806

Tanaka, (As Inga preussii)

Torre, de la, L., et al, 2008, Enciclopedia de las Plantas Útiles del Ecuador. Herbario QCA. Pontificia Universidad Católica del Ecuador. p 346 & p 342 (Also as Inga bonplandiana)

Ubiergo-Corvalan, P. A., et al, 2020, Agrobiodiversity of Edible Vegetables in the Indigenous Territory Maya-ch'ol Chiapas, Mexico. Tropical and Subtropical Agroecosystems 23 (2020): #46

Van den Eynden, V., et al, 2003, Wild Foods from South Ecuador. Economic Botany 57(4): 576-603

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/ec9b5f8a-eba1-4b75-9e75-378425d5ba0a