PLANT FACT SHEET

Helicostylis elegans (J. F. Macbr.) C. C. Berg

GENUS *Helicostylis* **FAMILY** Moraceae

EDIBLE PARTS AND USES

Edible parts: Seeds

The seeds are cooked and eaten.

DESCRIPTION

A tree. It grows 22-30 m tall. The trunk is 30 cm across. The leaves are oval and 15 cm long by5 cm wide. The flowers are green.

HABITAT

It is a tropical plant. It suits the wet tropics.

REFERENCES

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 411

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/ee1213a9-7bed-44ea-a39a-0e0e9d51c275