PLANT FACT SHEET

Helicia robusta (Roxb.) Blume

GENUS *Helicia* **FAMILY** Proteaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

CAUTION: The fruit are poisonous.
The young shoots and leaves and flowers are cooked and eaten raw.

DESCRIPTION

A shrub or small tree. It can grow 3-10 m tall. The trunk is crooked and 10-15 cm across. The leaves are alternate or in rings of 3-4. The leaf stalks are short and thick. The leaf blades are broadly oval and the base is rounded or heart shaped. There are teeth along the edge. The leaves are bluish green or yellowish green and dull. They are 10-35 cm long by 5-17 cm wide. The flowers are at the top or in the axils of leaves. There are many flowers in a group 7-35 cm long. The flowers are 2-3 cm long and have both sexes. The fruit are an oval shape and oblique. There are grooves on the outside. They are yellowish-green and shiny. The fruit are 3.5 cm across.

HABITAT

A tropical plant. It grows in slightly open forest up to 1,200 m above sea level. It is often along rivers and in locations that are occasionally flooded.

PRODUCTION

Cultivation

Plants can be grown from seeds.

NOTES

There are about 90 Helicia species mostly in SE Asia with some in N Australia.

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