PLANT FACT SHEET

Juglans sigillata Dode

GENUS *Juglans* **FAMILY** Juglandaceae

COMMON NAMES Pao he tao

EDIBLE PARTS AND USES

Edible parts: Nuts

The seeds are eaten. They are also used to make a drink.

DESCRIPTION

A tree. It grows to 25 m tall. The leaves are 15-50 cm long. The leaf stalk is 7-12.5 cm long. There are 9-11 leaflets. They can have small teeth around the edge. The leaflets are 6-18 cm long by 3-8 cm wide. The male spike is 13.5-18 cm long. The fruiting spike has 1-3 nuts. The nuts are oval or round and 3.4-6 cm long by 3-5 cm wide. The shell is thick with 2 or more ridges.

HABITAT

It is a subtropical plant. It grows in forests on mountain slopes between 1300-3300 m altitude in China. In Yunnan.

NOTES

There are about 30 Juglans species. All species bear edible nuts.

REFERENCES

Allen, A., Growing Nuts in Australia. Night Owl Publishers. p 37

Bull. Soc. Dendrol. France 2:94, fig. 83. 1906

Cheng, Z., et al, 2022, Ethnobotanical study on wild edible plants used by Dulong people in northwestern Yunnan, China. Journal of Ethnobiology and Ethnomedicine (2022) 18:3

Guo, C., et al, 2022, An Ethnobotany Survey of Wild Plants Used by the Tibetan People of the Yadong River Valley, Tibet, China. Journal of Ethnobiology and Ethnomedicine p 24

Lu Anmin, Stone, D.E., Grauke, L.J., Juglandaceae. Flora of China. Vol. 4, p 283 and Flora of China. www.eFloras.org

Wiersema, J. H. & Leon, B., 2013, World Economic Plants. A Standard Reference CRC Press. 2nd Ed. p 376

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

Zhang, L., et al, 2016, Ethnobotanical study of traditional edible plants used by the Naxi people during droughts. Journal of Ethnobiology and Ethnomedicine. 12:39

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/f3481707-51e4-497e-9d6a-e65aacbb18b7