



PLANT FACT SHEET

Sideroxylon inerme L.

GENUS *Sideroxylon* **FAMILY** Sapotaceae

COMMON NAMES Milkweed, White milkwood

EDIBLE PARTS AND USES

Edible parts: Fruit, Flowers

The ripe fruit are eaten raw.

DESCRIPTION

A small evergreen tree. It is often crooked and low but can be straight and up to 11 m tall. The bark becomes cracked with age. The leaves are tough and leathery and dark green above and paler beneath. They are 2.5-12 cm long by 1.5-5 cm wide. They are oval. The midrib is easy to see and raised underneath the leaf. The young leaf stalks are covered with rusty red hairs. The flowers are small and green. They occur singly or in clusters in the axils of leaves. The flowers have a strong unpleasant smell. The fruit are small and round. They can be 1.2 cm across. They are purplish black when mature. There is one seed inside.

HABITAT

A tropical plant. It can grow up to 1200 m altitude in South Africa. It can grow in arid places. It grows in Miombo woodland in Africa. It grows in coastal woodlands and dune forests. It is widespread on mountains. In Brisbane Botanical Gardens.

PRODUCTION

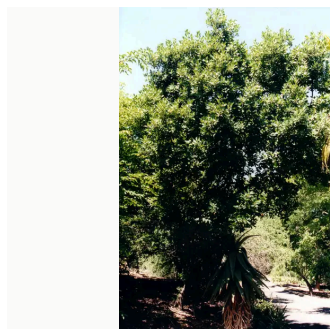
Cultivation

Plants can be grown from seeds. They can be grown from semi-mature side shoot cuttings. They may need mist and bottom heat.

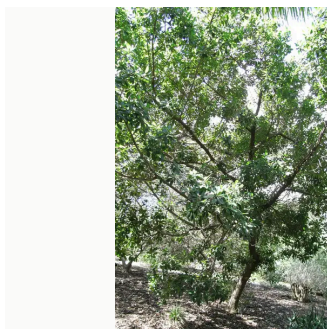
PICTURES



Credit: Food Plants International (Bruce French)



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