



PLANT FACT SHEET

Myristica insipida R. Br.

GENUS *Myristica* FAMILY Myristicaceae

COMMON NAMES Queensland Nutmeg, Native nutmeg

EDIBLE PARTS AND USES

Edible parts: seeds - aril, Seeds

The seeds can be used as a nutmeg substitute.

DESCRIPTION

A large spreading tree. It grows 10-20 m high. The branches spread out horizontally. The bark is tight, rough and grey-brown. The leaves are alternate and smooth. They are leathery and oval. They are 10-21 cm long by 4-8 cm wide. They are dark and glossy green on top. Underneath the leaf is paler and the midrib is raised. The tip is pointed and the leaf stalk is short and thick. The trees are separately male and female. The male flowers are small and cream. They occur in clusters in the axils of leaves. Female flowers are in smaller clusters. The fruit is oblong and smooth. The skin is thick and leathery. They are about 3-4 cm long by 1.5-2 cm wide. They are a dull yellow when ripe. They enclose a single large seed wrapped in a bright red, thread like aril.

HABITAT

A tropical plant. It grows in coastal areas on sand dunes. They can be in lowland forest near permanent water. It needs good drainage. In Townsville Anderson BG.

PRODUCTION

Cultivation

Plants can be grown from fresh seed. They can also be grown from cuttings.

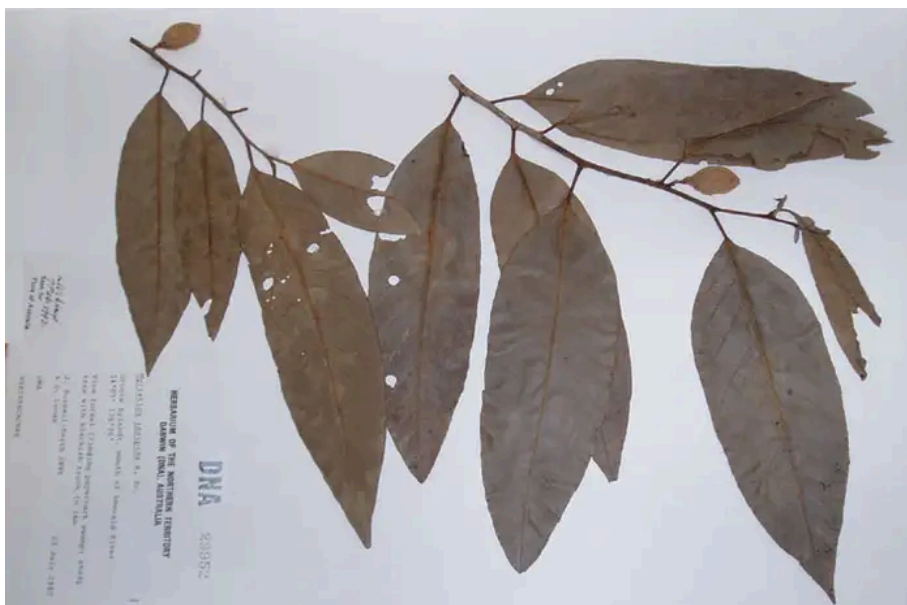
Harvesting and Seed Production

It is slow growing. In Australia, plants flower from February to March and fruit from September to December.

NOTES

There are about 120 *Myristica* species. They grow in the tropics.

PICTURES



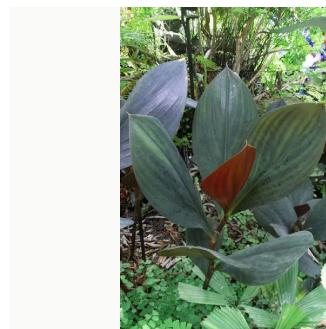
Credit: Food Plants International (Bruce French)



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PROVIDED BY Food Plants International

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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