PLANT FACT SHEET

Ficus lacor Buch.-Ham.

GENUS *Ficus* **FAMILY** Moraceae

COMMON NAMES Cunningham's Fig, Elephant fig

EDIBLE PARTS AND USES

Edible parts: Leaves, Fruit, Buds, Flowers

The young shoots are cooked and eaten. They are eaten in curries and with coconut milk and salted fish curry.
The young leaves have a sour taste and can be eaten raw or boiled. They are also used for pickles.
The young figs are eaten raw. They are also mixed with fresh raw vegetables.

DESCRIPTION

A fig. It is an evergreen tree. It can grow attached to other trees. It grows to 20 m high. The trunk can be 20-40 cm across. The branches droop. The bark is brownish grey. The leaves are oval narrowing to the tip. They are slightly crinkled. They are 7-18 cm long. They are light green or pinkish when young. New leaves are covered by sheaths which fall off. The flowers occur inside the fig receptacle. The fruit are round. They are 2 cm across. They are pinkish.

HABITAT

It is a tropical plant. It requires light and humidity. It occurs along streams and in valleys. It is only found below 700 m altitude in Vietnam. In Nepal it grows to about 500 m altitude.

PRODUCTION

Cultivation

Plants can be grown from seeds or by cuttings.

NOTES

There are about 800-1000 Ficus species. They are mostly in the tropics. There are 120 Ficus species in tropical America.

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