



PLANT FACT SHEET

Ficus cordata Thunb.

GENUS *Ficus* FAMILY Moraceae

COMMON NAMES Namaqua fig

EDIBLE PARTS AND USES

Edible parts: Fruit, Leaves

People eat the fruit occasionally.

DESCRIPTION

A fig. It is a tree which grows pressed against rocks. It can grow to 18 m high although it is usually much smaller. It can spread 15 m wide. The trunk is slender and smooth. The leaves are smooth and 11 cm long by 5 cm wide. They are oblong with a rounded base which can be heart shaped. They taper to a point. There are 5-7 pairs of easily seen veins. The fruit are small and roundish and purple brown when ripe. They are slightly hairy and have very short stalks. They are mostly in pairs in the axils of leaves. They are edible.

HABITAT

A tropical plant. It occurs in rocky places and near cliffs. It is often over limestone material. It grows in areas with a rainfall below 100 mm. It grows between 100-1,850 m above sea level. It can grow in arid places.

PRODUCTION

Cultivation

The wasp pollinator is *Platyscapa desertorum* Compton.

NOTES

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

REFERENCES

- Burkill, H. M., 1985, The useful plants of west tropical Africa, Vol. 4. Kew.
- Gangwar, A. K. & Ramakrishnan, P. S., 1990, Ethnobotanical Notes on Some Tribes of Arunachal Pradesh, Northeastern India. Economic Botany, Vol. 44, No. 1 pp. 94-105
- Jardin, C., 1970, List of Foods Used In Africa, FAO Nutrition Information Document Series No 2.p 137
- Mbuvi, M. T. E., et al, 2019, Annotated checklist of plant species of Loita Forest Narok County, Kenya. Int. J. Adv. Res. Biol. Sci. (2019). 6(3): 54-110
- Moksia, F., et al, 2019, Diversity and Socio-Economic Value of Wild Edible Plants in the Mounts Mandara Region, Cameroon. International Journal of Sciences. Vol. 8:10
- Palgrave, K.C., 1996, Trees of Southern Africa. Struik Publishers. p 106
- Palmer, E and Pitman, N., 1972, Trees of Southern Africa. Vol. 1. A.A. Balkema, Cape Town p 471

Royal Botanic Gardens, Kew (1999). Survey of Economic Plants for Arid and Semi-Arid Lands (SEPASAL) database. Published on the Internet; <http://www.rbgekew.org.uk/ceb/sepasal/internet> [Accessed 4th May 2011]

Ruiters-Welcome, A. K., 2019, Food plants of southern Africa. Ph.D. thesis. Univ. of Johannesburg p 79

Thunb. Ficus 8. 1786

van Wyk, B, van Wyk, P, and van Wyk B., 2000, Photographic guide to Trees of Southern Africa. Briza. p 151

Welcome, A. K. & Van Wyk, B.-E., 2019, An inventory and analysis of the food plants of southern Africa. South African Journal of Botany 122 (2019) 136-179

www.figweb.org

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/fc908342-2e38-45a1-92bd-cd7bba2215e2>