PLANT FACT SHEET

Helicia obovatifolia Merr. et Chun

GENUS *Helicia* **FAMILY** Proteaceae

EDIBLE PARTS AND USES

Edible parts: Seeds

The seeds are rich in starch. It can be used for food and for alcohol production. Caution: Alcohol is a cause of cancer.

DESCRIPTION

An evergreen tree. It grows 20 m high. The trunk is 40 cm across. The leaves and flowers have a rusty coating. The leaves are oval and 7-28 cm long by 4-15 cm wide. They are leathery. The base is wedge shaped and there can be teeth along the edge. The fruit are oval and purple to black. They are 3-5 cm long by 2-4 cm wide.

HABITAT

A tropical plant. It grows in tropical evergreen forests. It grows on hills below 1,000 m altitude. It grows on wet soil.

PRODUCTION

Harvesting and Seed Production

In southern China it flowers in June to October and fruit in October to December.

NOTES

There are about 90 Helicia species mostly in SE Asia with some in N Australia.

REFERENCES

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Forest Inventory and Planning Institute, 1996, Vietnam Forest Trees. Agriculture Publishing House p 592

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/ffb88e69-ac49-49a6-b65a-f9bc7e895889