



Common names

River koko,

Fabaceae

Scientific name

Inga vera

Edible portion

Fruit - aril, Pod pulp,

Description

An evergreen tree. It grows 12-20 m tall. The crown is widely spreading. The trunk can be 30-100 cm across. The leaves are alternate in 2 rows. The leaves are compound with 3-7 pairs of leaflets. There is a tiny round gland between each pair of leaflets. The leaflets are oblong and 5-15 cm long by 3-7 cm wide. The flowers are in clusters of 1-4. They are at the base of the leaf or at the ends of twigs. The fruit are pods. They are 10-20 cm long by 1-2 cm wide.

Distribution

It is a tropical plant. It grows in moist forests. It grows between 60-700 m above sea level. It grows in the humid lowland forest. It grows best in areas with a daytime temperature between 18-28°C and an average annual rainfall between 1,200-4,000 mm. It is best in soils with a pH between 6-8.

Found in:

Andes, Argentina, Bahamas, Barbados, Belize, Bolivia, Brazil, Caribbean, Central America*, Chile, Colombia, Costa Rica, Cuba, Dominica, Dominican Republic, Ecuador, El Salvador, French Guiana, Grenada, Guadeloupe, Guatemala, Guianas, Guyana, Haiti, Honduras, Indonesia, Jamaica, Martinique, Mexico, Montserrat, Netherlands Antilles, Nicaragua, North America, Panama, Paraguay, Peru, Puerto Rico, South America*, St Kitts and Nevis, St Lucia, St Vincent and the Grenadines, Suriname, Trinidad and Tobago, Uruguay, Venezuela, Virgin Islands, West Indies,

Use

The sweet pulp around the seeds is eaten raw.

Cultivation

Plants are grown from seeds. They can be grown in a nursery and then planted out after 3-4 months.

Production

Trees flower and fruit throughout the year.



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Nutritional Values

Inga vera

Edible Part	/100 g edible portion	Moisture %	Energy KJ	Energy Kcal	Protein g	Provit A µg	Vit C mg	Iron mg	Zinc mg
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