

Colombian Forest Plants

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Local people on forest farms in the Choco Region of Colombia use a large number of adapted species which fit into sustainable systems in the forest.. This list was prepared and presented by the author at a lecture given at Oxford in November 1994.

Local name	Botanical name	Uses
Chontaduro	<i>Bactris gasipaes</i>	Edible fruits
Yarumo	<i>Cecropia</i> spp	Leaf litter[org. mat. recycling]
Balso	<i>Ochroma</i> spp	Leaf litter; wood
Sandé	<i>Brosimum alicastrum</i>	Medicinal latex, wood, shade
Nato	<i>Mora megistrosperma</i>	Wood for canoes
Tangare	<i>Carapa quianensis</i>	Wood for canoes
Higuerón	<i>Ficus</i> spp	Shade trees
Jobo	<i>Spondias mombin</i>	Edible fruits, shade tree
Totumo	<i>Crescentia cujete</i>	Containers and collanders
Palo de cruz	<i>Brownea</i> spp	Wood, medicine
Caimito	<i>Chrysophillum</i> spp	Edible fruits
Caimo	<i>Bellucia</i> spp	Edible fruits
Mango	<i>Mangifera indica</i>	Fruits
Punta de lanza	<i>Viomia</i> spp	Leaf litter
Cumare	<i>Astrocanjum</i> spp	Fibres
Milpesos	<i>Jessenia polycarpa</i>	Edible fruit
Coconut	<i>Cocos nucifera</i>	Edible fruit
Cuesco	<i>Attalea</i> spp	Edible fruit
Zapote	<i>Matisia cordata</i>	Edible fruit
Borojó	<i>Borojoa patinoi</i>	Fruit pulp for beverages
Papaya	<i>Carica papaya</i>	Edible fruit
Avocado	<i>Persia americana</i>	Fruit
Pacó	<i>Grias cauliflora</i>	Fruit

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Guamo	<i>Inga</i> spp	Fruit
Uvo	<i>Pourouma</i> spp	Fruit
Cacao	<i>Theobroma cacao</i>	Edible seeds
Palmito	<i>Euterpe</i> spp	Edible young leaves
Bijao	<i>Calathea</i> spp	Leaves for packaging
Zapotolongo	<i>Pachira acuatica</i>	Edible seeds [nuts]
Nacedero	<i>Trichanthera gigantea</i>	Fodder, medicine
Achiote	<i>Bixa orellana</i>	Spice, food colouring
Sugar cane	<i>Saccharum officinarum</i>	Sugar, animal feed
Mafafa,		
Papachina	<i>Xanthosoma</i> spp	Tubers and fodder
-	<i>Colocassia</i> spp	Tubers and fodder
Ortiga	<i>Urera</i> spp	Edible leaves and medicine
Pineapple	<i>Ananas</i> spp	Fruit
Banana	<i>Musa</i> spp	Fruit
Plantain	<i>Musa</i> spp	Fruit
Iraca	<i>Carludovica</i> spp	Fibres [packaging, hats]
Name	<i>Dioscorea alata</i>	Tuber
Cassava	<i>Manihot esculenta</i>	Tuber