

Ficus sycamorus L. The species

Also known as:

Sycamore fig

Mulberry Fig, Bush Fig, Subula, Shola, Bamba

Geography

Found across

Africa including in Angola, Benin, Botswana, Burundi, Cameroon, Congo, Cote d'Ivoire, Democratic Republic of Congo, Djibouti, Egypt, Eritrea, Ethiopia, Gambia, Ghana, Guinea, Israel, Kenya, Lesotho, Madagascar, Mozambique, Namibia, Nigeria, Rwanda, Saudi Arabia, Senegal, Somalia, South Africa, Sudan, Swaziland, Syrian Arab Republic, Tanzania, Uganda, Zambia and Zimbabwe.



Sycamore fig The fruit



Vitamin A

Vitamin B₃

Vitamin C

Iron

Calcium

Potassium

Magnesium

Energy: 56 kCal per 100g EP

CHARACTERISTICS

Sycamore figs are an excellent source of iron. A 100 g edible portion (EP) contains over 2x more iron than the same serving of kale (Tuscan black cabbage).

OTHER USES

The sycamore tree can be used in agroforestry systems, where it is often intercropped with bananas.

The tree



Fruit is eaten raw, cooked or dried. It is also used in jams, chutneys and alcoholic beverages.

Bark is used in folk medicine to treat coughs, throat and chest diseases.

Maturity before yields **6 years**

Productivity lifetime **50-100 years**

Ficus sycamorus L. grows near streams, rivers, swamps and waterholes. It is a common savannah tree with dry, hairy fruits that hang in groups. The leaves grow in a spiral shape around the twig. It is preferable to cultivate the tree from cuttings or truncheons.

In many countries, the Sycamore tree is **regarded as sacred**

When properly managed and propagated, the tree can **produce fodder** for small farm animals in agroforestry systems