Ethnobotanical Leaflets

Picture Gallery

Featuring the Photos of Carlos Ochoa, Lima, Peru

Left: Closeup of the inflorescence and edible fruits of the aguaje palm (*Mauritia flexuosa*). Right: The roots of maca (*Lepidium meyenii*) are rich in sugars, starches, protein, glucosinolates and essential minerals, particularly iron and iodine.

Left: Edible fruits of the umari tree (*Poraquiba sericea*). This species is cultivated in the lowland forest regions of Peru, generally at elevations below 500 m. Right: Edible fruits of the pomerosa (*Eugenia inundata*). This species of the myrtle family is widely grown in the Amazonian region of South
Left: A collection of different oca varieties from Puno. Sweet varieties are served raw, dried or candied, while the sour kinds are made edible by a dehydration process or by cooking. Right: Fresh fruits of the lucuma (*Pouteria lucuma*) ready for sale in the Chiclayo market.