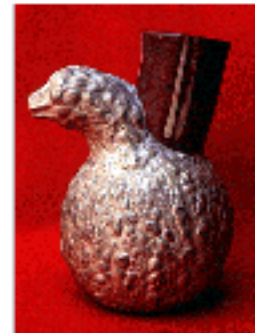




## Ethnobotanical Leaflets



### 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 pomarosa (*Eugenia inundata*). This species of the myrtle family is widely grown in the Amazonian region of South

America.



**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.

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