

FGCU Food Forest

Plant Database

Monstera (*Monstera deliciosa*)

Quick Facts

Origin: Central and South America.

Description: Monstera is an epiphytic plant that forms aerial roots and can climb up to 70 ft. high. It has large, leathery leaves, and forms unique flowers and fruit.

Uses: Food and medicine; landscape specimen; interior decorating.

Harvest: Year-round, mostly during summer months.

Flower: Year-round, mostly during summer months. The inflorescence is called a spike, and consists of many male and female flowers.

Fruit: Year-round, mostly during summer months. The fruit, called a Spadix, resembles a corn cob, and consists of a few cohering berries.

Tolerance: Moderate drought tolerance and moderate to low cold tolerance. Poor salt tolerance. Prefers soils rich in nutrients. Requires well-draining soils.

General Description: Monstera, also known as *Ceriman* or *Fruit Salad Plant*, is a fast-growing epiphytic vine that can climb up to 70 ft. tall on a tree or structure. It has aerial roots with large, leathery leaves shaped like a heart. The inflorescence, the Spike, forms into a large, cylindrical fruit called the Spadix, which resembles a corn cob. The fruit takes a year to fully mature into edible form.

- **Native Origin:** Central and South America. Native to rainforests from southern Mexico to Panama.
- **General History:** *Monstera deliciosa* has naturalized and become mildly invasive in Hawaii and on a variety of Pacific islands, and is commonly grown as a landscape specimen throughout the



tropics and subtropics worldwide. Although decently rare in south Florida, *Monstera* exists in home gardens and on private property, where it is enjoyed more so as a landscape specimen than as an edible and medicinal crop.

- **Distribution:** Tropics and subtropics worldwide. Occasionally found indoors in temperate regions.
- **Season of Harvest:** Year-round in the tropics, summer months in subtropics.
- **Culinary Uses:** The fruit of *Monstera deliciosa* can get up to 25 cm long and 4 cm in diameter, and resembles a green corn cob. The fruit (and other parts of the plant) contain calcium oxalate, and are poisonous if eaten at the wrong time. After the fruit ripens and is prepared correctly, the edible flesh on the inside can be consumed, and tastes something like jackfruit and pineapple. Mexicans claim that leaf and root infusions can be consumed to relieve arthritis, and the roots can be used as remedies for snakebites.

Monstera	
Scientific Classification	
Kingdom:	Plantae
(unranked):	Angiosperms
(unranked):	Monocots
Order:	Alismatales
Family:	Araceae
Subfamily:	Monsteroideae
Tribe:	Monstereae
Genus:	<i>Monstera</i>
Species:	<i>M. deliciosa</i>

Sources

<https://en.wikipedia.org/wiki/Monstera>

https://en.wikipedia.org/wiki/Monstera_deliciosa

<https://www.hort.purdue.edu/newcrop/morton/ceriman.html>

<http://edis.ifas.ufl.edu/hs311>

http://hort.ufl.edu/database/documents/pdf/shrub_fact_sheets/mondela.pdf

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<https://commons.wikimedia.org/wiki/File%3AMonsteradeliciosafruit.jpg>

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<http://elizabethnixon.deviantart.com/art/Monstera-deliciosa-211195657>

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