

*Gnetum gnemon*

[Synonyms : *Gnetum acutatatum*, *Gnetum acutum*, *Gnetum brunonianum*, *Gnetum vinosum*]

**SPANISH JOINTFIR** is an evergreen coniferous tree. Native to Malaysia and Indonesia it has on female trees small orange-tinged red fruit (seeds).

It is also known as *Bago* (Javanese, Tagalog/Filipino), *Belinjau* (Malay), *Belinjo* (Indonesian, Javanese, Malay), *Bét* (Vietnamese), *Emping melinjo* (Indonesian, Malay), *Feuilles de gnetum* (French), *Găm* (Vietnamese), *Gâm cây* (Vietnamese), *Ganemoe* (Assamese), *Genemo* (Assamese), Gnemon tree, *Gnetum à feuilles comestibles* (French), Gnetum nut, *Guan zhuang mai ma teng* (Chinese), Joint fir spinach, *Ki tangkil* (Sundanese), *Lamparan* (Tagalog/Filipino), *Melinjo* (Indonesian, Malay), Melinjo nut, *Meninjau* (Malay), *Peesae* (Thai), *Voë khlaèt* (Khmer), and *Xian zhou mai ma teng* (Chinese),.

The young green leaves provide a vegetable that is cooked like spinach (*Spinacia oleracea*).

The nutritious fruit (seeds) are eaten raw, boiled, fried or roasted and they are also ground for flour for biscuits and cakes. Young leaves, the small cones (flowers) and the fruit (seeds) are sometimes added to stews and in Indonesian Java in particular it has been the practice to cook the leaves and flowers with fish and eat the flattened and fried seed kernels like potato crisps. Authorities note that Filipinos seem to be partial to eating the seeds roasted or cooked in other ways.

In south-eastern Asia the fruit can be bought fresh, boiled or dried into cakes (these are sometimes known as *emping* and in Java especially they are fried in coconut oil, *Cocos nucifera*).