PLANT FACT SHEET

Aloe vera (L.) Burm.f.

GENUS *Aloe* **FAMILY** Asphodelaceae

COMMON NAMES Barbados aloe

EDIBLE PARTS AND USES

Edible parts: Leaf bud, Seeds, Gel, Flower stalks

The leaves are used as an emergency food only. The leaf twigs are eaten raw. The leaf paste is used to increase the bulk of flour. They are cooked and washed several times. The leaves and flower stalks are pickled.
The seed are used as an emergency food only.
A gel in the leaves has been used in jellies.
CAUTION:

DESCRIPTION

A perennial succulent plant 80 cm high. It spreads to 1 m wide. It develops suckers. The leaves form a rosette or ring just above the ground. They are fleshy and long. They are curved outwards or rounded underneath. They taper to a blunt point. They are smooth and pale green. There are white blotches on the leaves and prickles along the edges. The flowers are yellow or orange. They are 25-30 mm long. They hang down. The fruit is a capsule with angular seeds.

HABITAT

A tropical and subtropical plant. It grows naturally on seaside sands and amongst rocks in the Mediterranean. In Nepal it grows to about 1400 m altitude. It needs a temperature above 10°C. It suits hardiness zones 9-12. In Yunnan. It will tolerate light frost.

PRODUCTION

Cultivation

Plants can be grown from seed. The seed usually germinates in 1 - 6 months at 16°C. They need to be grown in a sunny nursery for 2 years. Plants can be grown by division or offsets.

NOTES

There are about 350-400 Aloe species. It is used as a medicine.
Also put in the family Aloaceae. Also put in the family Asphodelaceae.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

REFERENCES

Ambasta S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 29 (As Aloe barbadensis)

Anderson, M., 2002, The World Encyclopedia of Cacti and Succulents. Hermes House, New York. p 131 (As Aloe barbadensis)

Arinathan, V., et al, 2007, Wild edibles used by Palliyars of the western Ghats, Tamil Nadu. Indian Journal of Traditional Knowledge. 6(1) pp 163-168 (As Aloe barbadensis)

Bhagat, N., et al, 2022, Wild Edible Plants of Purmandal block of District Samba, J&K (UT), India. Ethnobotany Research and Applications 24:12 (2022)

Blamey, M and Grey-Wilson, C., 2005, Wild flowers of the Mediterranean. A & C Black London. p 469

Bodkin, F., 1991, Encyclopedia Botanica. Cornstalk publishing, p 70 (Also as Aloe barbadensis)

Bremness, L., 1994, Herbs. Collins Eyewitness Handbooks. Harper Collins. p 141

Brown, D., 2002, The Royal Horticultural Society encyclopedia of Herbs and their uses. DK Books. p 115

Burkill, I.H., 1966, A Dictionary of the Economic Products of the Malay Peninsula. Ministry of Agriculture and Cooperatives, Kuala Lumpur, Malaysia. Vol 1 (A-H) p 109

Burnie, G & Fenton-Smith, J., 1999, A Grower's Guide to Herbs. Murdoch Books. p 8

Brickell, C. (Ed.), 1999, The Royal Horticultural Society A-Z Encyclopedia of Garden Plants. Convent Garden Books. p 101

Chen Xinqi, Liang Songyun, Xu Jiemei, Tamura M.N., Liliaceae. Flora of China. p 90

Cundall, P., (ed.), 2004, Gardening Australia: flora: the gardener's bible. ABC Books. p 137

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 142 (Also as Aloe barbadensis)

Fl. indica 83. 1768 1 Mar-6 Apr

Fowler, D. G., 2007, Zambian Plants: Their Vernacular Names and Uses. Kew. p 85 (As Aloe barbadensis)

Gard. dict. ed. 8: Aloe no. 2. 1768 Apr 16 (As Aloe barbadensis)

GUPTA & KANODIA, (As Aloe barbadensis)

Hani Medicine of Xishuangbanna, 1999, p 475

Hepper, E.N., 1993, Illustrated Encyclopedia of Bible Plants, IVP, England. p 59, 152, 153 Also as Aloe barbadensis.

Ill. bot. Himal. Mts. 390. 1840, nom. nud. (As Aloe indica)

INFOODSUpdatedFGU-list.xls

Kermath, B. M., et al, 2018, Food Plants in the Americas: A Survey of the Domesticated, Cultivated and Wild Plants Used for Human Food in North, Central and South America and the Caribbean. p 59

Kumar, P. D., et al, 2015, Ethnobotanical Knowledge and Usage of Wild Plants in Theog Forest Division, Himachal Pradesh, North Western Himalaya. The Journal of Ethnobiology and Traditional Medicine. Photon 124(2015) 922-935 (As Aloe barbadensis)

Lazarides, M. & Hince, B., 1993, Handbook of Economic Plants of Australia, CSIRO. p 15

Llamas, K.A., 2003, Tropical Flowering Plants. Timber Press. p 127

Molla, A., Ethiopian Plant Names. http://www.ethiopic.com/aplants.htm (As Aloe barbadensis)

Mutie, F. M., et al, 2023, Important Medicinal and Food Taxa (Orders and Families) in Kenya, Based on Three Quantitative Approaches. Plants 2023, 12, 1145

Nandini, N., et al, 2015, Wild Vegetables in Food Security of Tirbal and Rural Population of Karnataka, Journal of Science 5(2):102-110

Oran, S. A. S., 2015, Selected Wild Aromatic Plants in Jordan. International Journal of Medicinal Plants. Photon 108 (2015) 686-699

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. http://www.scs.leeds.ac.uk/pfaf/

Plants of Haiti Smithsonian Institute http://botany.si.edu/antilles/West Indies

Ravindra, Z., et al, 2020, Potential Use of Wild Edible Plants from Arjuni Morgaon Tehsil of Gondia District (MS), India, International Journal of Researches in Biosciences, Agriculture and Technology. Vol. 1, Jan 2020:103-118

Sasi, R. et al, 2011, Wild edible plant Diversity of Kotagiri Hills - a Part of Nilgiri Biosphere Reserve, Southern India. Journal of Research in Biology. Vol. 1 No. 2, pp 80-87

SAXENA; (As Aloe barbadensis)

SHANKARNARAYAN & SAXENA (As Aloe barbadensis)

Sotelo, A., et al, 2007, Content of Nutrient and Antinutrient in Edible Flowers of Wild Plants in Mexico. Plant Foods for Human Nutrition 62: 133-138

Staples, G.W. and Herbst, D.R., 2005, A tropical Garden Flora. Bishop Museum Press, Honolulu, Hawaii. p 592

Sukarya, D. G., (Ed.) 2013, 3,500 Plant Species of the Botanic Gardens of Indonesia. LIPI p 1005

Thaman, R. R, 2016, The flora of Tuvalu. Atoll Research Bulletin No. 611. Smithsonian Institute p 34

Vizhi, M.M., et al, 2020, Studies on Wild Edible Plants consumed by the tribes of Kanyakumari Wild Life Sanctuary, India. Plants Archives Vol 20(2) pp 6503-650

WATT (Also as Aloe indica)

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

Zeven, A. C. & de West, J. M. J., 1982, Dictionary of cultivated plants and their regions of diversity. Wageningen. p 116 (As Aloe barbadensis)

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/0962ad89-1011-46a2-a653-42f98cd831ac