PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Ilex cassine L.

GENUS *Ilex* **FAMILY** Aquifoliaceae

COMMON NAMES Dahoon holly

EDIBLE PARTS AND USES

Edible parts: Leaves, Leaves - tea

The leaves have been used for tea. They are dried and roasted. The leaves contain caffeine.
CAUTION: They can cause dizziness and have a laxative effect.

DESCRIPTION

A tree. It grows 8 m tall. It has small sword shaped leaves. They are leathery and have shallow teeth. The leaves are 8-10 cm long. They have soft prickles along the edges. Male and female flowers are on separate plants. The flowers are small and greenish white. They are held in small, hairy clusters near the ends of branches. The fruit are red berries.

HABITAT

A tropical plant. It grows in coastal swamps and moist, coastal forests. It can tolerate occasional flooding with fresh or brackish water. It suits hardiness zones 6-11. Melbourne Botanical Gardens.

PRODUCTION

Cultivation

It can be grown from seed. Cuttings or layering can be used. They do not transpalnt easily, so should be sown direct. They also do not like pruning.

Harvesting and Seed Production

It is slow growing.

NOTES

There are about 400 Ilex species.

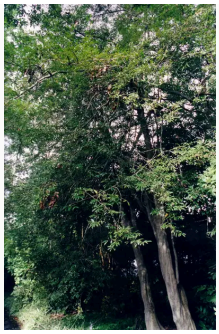
PICTURES



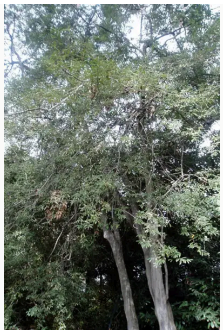
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