PLANT FACT SHEET

Ardisia elliptica Thunb.

GENUS *Ardisia* **FAMILY** Primulaceae

COMMON NAMES Sea-shore ardisia, Shoe-button ardisia

EDIBLE PARTS AND USES

Edible parts: Fruit

The fruit are sweet and edible.
The young shoots are eaten.
The fruit and flowers are cooked and eaten with fish.

DESCRIPTION

A small shrub or tree. It grows 1-2 m tall. It can grow 10 m tall and be 15 cm across the trunk. The leaves are alternate, rather slender and pointed at both ends. They are 6-15 cm long by 2-6 cm wide. The flowers are white or pink and have a smell. They are borne on compound flower arrangements at or near the ends of branches. About 4-5 flowers occur together. The flower arrangements are 1 cm long. The fruit are dark blue or purple, round and less than 1 cm across.

HABITAT

It is a tropical plant. It often grows on islands along the coast. A bush that grows in tidal swamps. It grows on the edges of mangroves. In XTBG Yunnan. They are widely distributed in primary forest at low and medium altitudes in the Philippines. It grows up to 1000 m altitude.

PRODUCTION

Cultivation

Plants can be grown from seeds.

NOTES

The leaves and fruit are used in medicine. Also put in the family Myrsinaceae.
There are about 250-300 Ardisia species. They are mainly in the tropics. The fresh fruit are 29% water, 15% protein, 2% fat, 22% carbohydrates, 27% fibre and 5% ash.

PICTURES



Credit: Food Plants International (Bruce French)

REFERENCES

Ali, R. M., et al, (Eds.), 2010, ASEAN Herbal and Medicinal Plants. Forestry research Institute Malaysia. p 147

Bircher, A. G. & Bircher, W. H., 2000, Encyclopedia of Fruit Trees and Edible Flowering Plants in Egypt and the Subtropics. AUC Press. p 40 (As Ardisia squamulosa)

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 219, 221 (As Ardisia littoralis)

Chiang Mai University Vol. 4 , 1964, bio1080uu, Table 6 p 77

INFOODSUpdatedFGU-list.xls

Kuo, W. H. J., (Ed.) Taiwan's Ethnobotanical Database (1900-2000), http://tk.agron.ntu.edu.tw/ethnobot/DB1.htm

Martin, F.W. & Ruberte, R.M., 1979, Edible Leaves of the Tropics. Antillian College Press, Mayaguez, Puerto Rico. p 206 (As Ardisia littoralis)

Monsalud, M.R., Tongacan, A.L., Lopez, F.R., & Lagrimas, M.Q., 1966, Edible Wild Plants in Philippine Forests. Philippine Journal of Science. p 510 (As Ardisia squamulosa)

Phon, P., 2000, Plants used in Cambodia. © Pauline Dy Phon, Phnom Penh, Cambodia. p 47 (As Ardisia squamulosa)

PROSEA handbook Volume 13 Spices. p 247 (As Ardisia squamulosa)

Seidemann J., 2005, World Spice Plants. Economic Usage, Botany, Taxonomy. Springer. p 49 (As Ardisia squamulosa)

Slik, F., www.asianplant.net

Sujanapal, P., & Sankaran, K. V., 2016, Common Plants of Maldives. FAO & Kerala FRI, p 40

Sukarya, D. G., (Ed.) 2013, 3,500 Plant Species of the Botanic Gardens of Indonesia. LIPI p 581

Suwardi, A.B., et al, 2023, The diversity and regional conservation status of wild edible fruit species in Sumatra, Indonesia. Biodiversitas Vol. 24 No. 6. pp 3245-3257

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

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/162aa59e-98f1-4b93-bdaf-21ec00571eed