PLANT FACT SHEET

Bosea amherstiana (Moq.) Hook. f.

GENUS *Bosea* **FAMILY** Amaranthaceae

COMMON NAMES Himalayan bosea

EDIBLE PARTS AND USES

Edible parts: Shoots, Leaves, Fruit

The young shoots are fried in butter and eaten.
The fruit are eaten raw.

DESCRIPTION

A woody evergreen shrub. It grows about 2-6 m tall. It has many cane like stems from ground level. These are erect. The leaves are small and have smooth edges. They are a dull deep green. The flowers are white. The fruit are red berries. They are edible.

HABITAT

It grows in subtropical places. Garhwal Himalayas. In Pakistan it grows between 900-2,000 m altitude. It needs a well drained aerated soil. They do best in full sun. It can tolerate drought. It suits hardiness zones 8-11.

PRODUCTION

Cultivation

Plants can be grown from cuttings, seeds or division of the roots. Plants can be cut back and re-sprout.

NOTES

There are 3 Bosea species. They are woody shrubs.

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