PLANT FACT SHEET

Persea borbonia (L.) Spreng.

GENUS *Persea* **FAMILY** Lauraceae

COMMON NAMES Red Bay Persea, Bay tree, Shorebay

EDIBLE PARTS AND USES

Edible parts: Leaves - flavouring, Leaves - tea

The leaves are spicy and used to flavour soups and meats. The leaves are used fresh or dried.
The leaves are also used for tea.

DESCRIPTION

An evergreen tree. It grows 12-18 m high. It spreads 8 m wide. The trunk is 60 cm across. The bark is dark or reddish-brown. It becomes furrowed into broad scaly ridges. The leaves are sword shaped. They are 6-15 cm long and 2-4 cm wide. They have short leaf stalks and are leathery. They leaves have the edges slightly rolled under. They are shiny green above and paler underneath. The flowers are small and in long panicles. They are 5 mm long and light yellow. The fruit are dark blue and 12 mm across. They have a 6 lobed cup at the base.

HABITAT

It is a warm temperate plant. It grows naturally in the swamps of southern North America. It suits hardiness zones 9-11.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

REFERENCES

Bodkin, F., 1991, Encyclopedia Botanica. Cornstalk publishing, p 773

Cundall, P., (ed.), 2004, Gardening Australia: flora: the gardener's bible. ABC Books. p 1012

Etherington, K., & Imwold, D., (Eds), 2001, Botanica's Trees & Shrubs. The illustrated A-Z of over 8500 trees and shrubs. Random House, Australia. p 515

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 139

Grandtner, M. M., 2008, World Dictionary of Trees. Wood and Forest Science Department. Laval University, Quebec, Qc Canada. (Internet database http://www.wdt.qc.ca)

Kermath, B. M., et al, 2014, 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. On line draft. p 634

Little, E.L., 1980, National Audubon Society Field Guide to North American Trees. Alfred A. Knopf. p 449

Lord, E.E., & Willis, J.H., 1999, Shrubs and Trees for Australian gardens. Lothian. p 63

Martin, F.W. & Ruberte, R.M., 1979, Edible Leaves of the Tropics. Antillian College Press, Mayaguez, Puerto Rico. p 196

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 387

Morton, J., 1961, Plants for survival in South Florida. Florida State Horticultural Society. p 319

Syst. veg. 2:268. 1825

Wiersema, J. H. & Leon, B., 2013, World Economic Plants. A Standard Reference CRC Press. 2nd Ed. p 509

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/2e069e3f-3693-49ee-8e47-c82901b10489