PLANT FACT SHEET

Nyctanthes arbor-tristis L.

GENUS *Nyctanthes* **FAMILY** Verbenaceae

COMMON NAMES Tree of sadness, Night jasmine tree

EDIBLE PARTS AND USES

Edible parts: Flowers - dye, Flowers, Leaves, Shoots

The flowers are the source of a saffron-yellow dye used to colour food.
The flowers are eaten as a vegetable either fresh or dried. They have a pleasant bitter taste.
The leaves are cooked and used to make curry.

DESCRIPTION

A small tree. It grows 10 m high. The branches are square in cross section. The bark is grey or greyish-green. The leaves are 10 cm long and 5 cm wide. They are rough and covered with stiff white hairs. The leaf stalk is 1 cm long. The flowers are fragrant. They are in heads or 3-7 flowers. They are orange-red.

HABITAT

It is a tropical plant. In Pakistan it grows in the sub-himalayan tract between 300-1,000 m altitude. It grows in dry deciduous forests and on rocky ground between sea level and 1,500 m above sea level. In XTBG Yunnan.

PRODUCTION

Cultivation

Plants can be grown from seeds or cuttings.

NOTES

It has also been put in the family Oleaceae.

PICTURES



Credit: Food Plants International (Bruce French)

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