PLANT FACT SHEET

Clethra barbinervis Sieb. & Zucc.

GENUS *Clethra* **FAMILY** Clethraceae

COMMON NAMES Japanese Clethra, White alder

EDIBLE PARTS AND USES

Edible parts: Leaves, Shoots

The leaves are eaten with oil and salt.

DESCRIPTION

A tree. It grows to 3-9 m high. In cultivation it is often only 3 m high. The bark is orange-brown and peeling. The shoots arch outwards. The leaves are dark green. The leaves have strong veins. There are very short hairs on the veins. The flowers appear in clusters at the tips of the branches. The flowers are white and in racemes at the ends of branches.

HABITAT

It is a warm temperate plant. In China it grows in open, deciduous mountain forests between 800-1,800 m above sea level. It grows in mountain woodlands in Japan. It suits hardiness zones 8-9.

NOTES

There are 60-73-120 Clethra species.

PICTURES



Credit: Food Plants International (Bruce French)

REFERENCES

Abh. Math.-Phys. Cl. Koenigl. Bayer. Akad. Wiss. 4(3):128. 1846

Bodkin, F., 1991, Encyclopedia Botanica. Cornstalk publishing, p 267

Brickell, C. (Ed.), 1999, The Royal Horticultural Society A-Z Encyclopedia of Garden Plants. Convent Garden Books. p 281

Chen, B. & Qiu, Z., Consumer's Attitudes towards Edible Wild Plants, Ishikawa Prefecture, Japan. p 23 www.hindawi.com/journals/ijfr/aip/872413.pdf

Cundall, P., (ed.), 2004, Gardening Australia: flora: the gardener's bible. ABC Books. p 394

Etherington, K., & Imwold, D., (Eds), 2001, Botanica's Trees & Shrubs. The illustrated A-Z of over 8500 trees and shrubs. Random House, Australia. p 217

Hibbert, M., 2002, The Aussie Plant Finder 2002, Florilegium. p 70

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. http://www.scs.leeds.ac.uk/pfaf/

READ,

Ryan, S., 2008, Dicksonia. Rare Plants Manual. Hyland House. p 16

Smith, N., Mori, S.A., et al, 2004, Flowering Plants of the Neotropics. Princeton. p 105

Young, J., (Ed.), 2001, Botanica's Pocket Trees and Shrubs. Random House. p 256

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/36290876-ff5b-4a09-87c3-c3d21c234a12