PLANT FACT SHEET

Peumus boldus Molina

GENUS *Peumus* **FAMILY** Monimiaceae

COMMON NAMES Boldo, Boldina

EDIBLE PARTS AND USES

Edible parts: Leaves - tea, Fruit, Oil

The sweet, aromatic fruit are eaten raw.
The leaves and bark are used as condiments. The leaves are dried then used for tea.
CAUTION: This herb is subject to legal restrictions in some countries. The extract should not be given during pregnancy.

DESCRIPTION

An evergreen shrub or tree. It has an aroma. It grows 4-6 m tall. It can grow to 20 m tall. The leaves are oval and dark green. They are 5 cm long. The leaves have yellow silky hairs underneath. Male and female flowers are on separate plants. The flowers are small and white. They are in short panicles at the ends of branches. The fruit are the size of hawthorn berries. They are edible.

HABITAT

It is a subtropical plant. It is damaged by frost. It does best in a warm sheltered position. It needs a well-drained, sandy, acid soil. It needs to be in the sun. It suits hardiness zones 9-11. Arboretum Tasmania.

PRODUCTION

Cultivation

Plants can be grown from seed or half hardened cuttings.

NOTES

There is only one Peumus species. It grows natually in Chile. An oil extract from the bark is used in medicine.

PICTURES



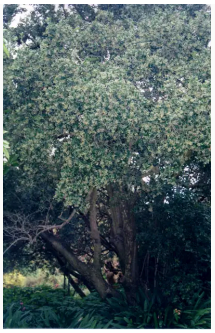
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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/3a3c9bc1-5c9f-419f-814c-2a0dbe7ff608