PLANT FACT SHEET

# *Ilex latifolia* Thunberg

**GENUS** *Ilex* **FAMILY** Aquifoliaceae

**COMMON NAMES** Tarajo holly, Holly tea, Tara-yo

## EDIBLE PARTS AND USES

**Edible parts:** Leaves - tea

The leaves are used as a tea substitute. The seeds are used for coffee.

## DESCRIPTION

A tree which keeps its leaves throughout the year. It grows 20 m high. The bark is grey and develops long cracks with age. The leaves are oblong. They are 20 cm long by 7.5 cm wide. They are thick and have coarse teeth. They are glossy and dark green above. They are yellow green underneath. They are on stout shoots. The male and female flowers occur in separate plants. The male and female flowers are both small and yellow-green. They are in clusters in the axils of leaves and have a smell. The fruit is orange-red and 8 mm across. These berries occur in clusters.

## HABITAT

It is a temperate plant. It grows in warm regions in China and Japan. In China it grows between 200-1,500 m above sea level. It suits hardiness zones 7-9.

## NOTES

There are about 400 Ilex species.

## PICTURES



Credit: Food Plants International (Bruce French)

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**ONLINE FACT SHEET** https://www.echocommunity.org/en/resources/499c274e-461d-4b74-a256-ff627c6413d3