PLANT FACT SHEET

Actinidia rufa (Siebold & Zucc.) Planch. ex Miq.

GENUS *Actinidia* **FAMILY** Actinidiaceae

EDIBLE PARTS AND USES

Edible parts: Fruit

The fruit are eaten raw or cooked.

DESCRIPTION

A climbing shrub. A climber 7 m long. It climbs and supports itself by twining around branches. It is large and loses its leaves during the year. Male and female flowers occur on separate plants. The flowering branches have reddish hairs. The leaves are oval and 4-16 cm long by 4-10 cm wide. The female flowers are in small groups and are white. The fruit is oval and 2-3 cm long and contain many small seeds.

HABITAT

It prefers a loamy neutral soil. Although it can grow in light shade it fruits best in full sun. During the dormant stage it can tolerate temperatures down to -30°C. Young growth is damaged by frosts. It grows in mountain forests between 1,000-2,000 m above sea level. It occurs naturally in Japan in the Liukio Island and Kiusio.

PRODUCTION

Cultivation

Male and female plants must be grown if seed is required. Plants can be grown from seed. Fresh seed germinates in 2 - 3 months at 10°C and stored seed can take longer. Seedlings should be transplanted out when 30 cm tall and after the last frosts. (Most seedlings are male.) Plants can be grown from cuttings.

NOTES

There are 40-60 Actinidia species. The Actinidiaceae are a mainly tropical family.

REFERENCES

Ann. Mus. Bot. Lugdano-Batavum 3:15. 1867

Bull. Acad. Imp. Sci. St.-Petersbourg 31:424; Melanges Biol. Bull. Phys.-Math. Acad. Imp. Sci. St.-Petersb.12:424. 1886 (As Actinidia arguta var. rufa)

INFOODS:FAO/INFOODS Databases

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. http://www.scs.leeds.ac.uk/pfaf/ (As Actinidia arguta var. rufa) and (As Actinidia kiusiana)

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/58e764f0-0aa8-486e-82fe-c1bdbe9b3309