PLANT FACT SHEET

Hippophae rhamnoides L.

GENUS *Hippophae* **FAMILY** Elaeagnaceae

COMMON NAMES Sea Buckthorn, Sea berry

EDIBLE PARTS AND USES

Edible parts: Fruit, Spice, Leaves - tea, Seeds - oil

The fruit are made into preserves and pickles. They are acid tasting. They are also eaten with milk and cheese or made into sauces, jams, marmalade, syrup and jelly.
They are also eaten raw.
The fruit are used for juice.
The leaves are used for tea.

DESCRIPTION

A shrub or small tree which loses its leaves. It grows to 6 m high. It has a bushy arching habit. The twigs often become thorns. The leaves are alternate and without teeth. The leaves are very narrow and grey-green. They are paler underneath. They are 7.5 cm long. They have short stalks and droop from spiny twigs. Male and female flowers grow on separate bushes. The flowers are small and yellow or green. They grow in clusters. They appear before the leaves. The fruit are bright orange berries. They occur in dense clusters on the shoots of female plants. Both male and female plants must be grown together to get fruit. The fruit are edible.

HABITAT

It is a temperate plant. It is native to Asia and Europe. It grows near the coast and along riverbanks and in sandy woods. A cool climate plant. They are salt resistant. It needs plenty of light. It grows by the sea. It can tolerate drought. In the Indian Himalayas it grows between 3,300-4,000 m above sea level. It suits hardiness zones 2-9. In Sichuan and Yunnan.

PRODUCTION

Cultivation

They can be grown from seed or cuttings. It forms suckers and can spread by these. One male plant is put to every 6 female plants. Because plants are wind pollinated, male plants need to be planted close to female plants.

Harvesting and Seed Production

In Sikkim fruit are available March to April.

NOTES

There are about 8 Hippophae species. Chemical composition: rich in Vitamins B1, B2, C, E, and K, niacinimide, pantothenic acid and carotenoids. Serotonin (5- hydroxy-tryptamine) extract possesses antitumor properties. The fruit contain 135-608 mg Vit C per 100 g. It probably has anticancer properties.

PICTURES



Credit: Food Plants International (Bruce French)

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