PLANT FACT SHEET

Barringtonia acutangula (L.) Gaertn.

GENUS *Barringtonia* **FAMILY** Lecythidaceae

COMMON NAMES Indian oak, Red Barringtonia

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers, Fruit

CAUTION: The seeds are poisonous.
The young shoots are eaten in salads with fish sauce. The young flowers are also eaten.

DESCRIPTION

A small tree. It grows 4-15 m tall. The trunk can be 40-80 cm across. It can have several stems. It loses its leaves during the year. The leaves are broad and sword shaped. They taper to the base. They are bright green. The edges sometimes have small teeth. They are 4-14 cm long by 2-4.5 cm wide. The flowers are bright red. They are in heads 30 cm long. These hang downwards. The fruit are green and 4 angled. They are woody and 3.5 cm long. There is one seed and it has a groove.

HABITAT

A tropical plant. It grows in moist places along rivers. It needs light and humidity. It grows near lakes and can grow in brackish water. It suits humid shady places. It is damaged by drought and frost. It occasionally grows up to 400 m above sea level. It suits hardiness zones 11-12.

PRODUCTION

Cultivation

It can be grown from fresh seed or cuttings.

Harvesting and Seed Production

It flowers and fruits throughout the year.

NOTES

There are about 40 Barringtonia species. These were in the Barringtoniaceae and are now in the Lecythidaceae. This species is used as a fish poison due to the saponins. The leaves are very high in antioxidants.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

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