PLANT FACT SHEET

Hippophae salicifolia D. Don

GENUS *Hippophae* **FAMILY** Elaeagnaceae

COMMON NAMES Willow-leaved Sea Buckthorn

EDIBLE PARTS AND USES

Edible parts: Fruit, Leaves - tea

The ripe fruit are eaten fresh or pickled. They are acid so are often used for jellies and syrups. They can be used for jams and wines.
The dried leaves are used for tea.

DESCRIPTION

A deciduous tree. It grows to about 10 m high. The trunk is 30 cm across. The branches are drooping. The bark is reddish brown. It has deep furrows along it. The leaves have stalks. The leaves are oblong or sword shaped with hairs above. The leaves are silvery-grey underneath. The flowers are yellow. The fruit are oval and yellow. They have scales. They are acidic.

HABITAT

It is a warm temperate plant. In Nepal they grow at 2200-3500 m altitude. In the Indian Himalayas it grows between 3,300-4,000 m above sea level. They grow on riverbanks. It suits hardiness zones 8-9.

PRODUCTION

Cultivation

Plants are grown from seed. Seeds should be soaked in water for 2 days before planting. It can also be grown from cuttings. Cuttings are slower to establish than seeds.

Harvesting and Seed Production

It is fast growing. In China plants flower in June and fruit in October.

NOTES

There are about 8 Hippophae species. Fruit are very rich in Vitamin C.

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