PLANT FACT SHEET

Bursera simaruba (L.) Sarg.

GENUS *Bursera* **FAMILY** Burseraceae

COMMON NAMES Gumbo-limbo, Gringo tree

EDIBLE PARTS AND USES

Edible parts: Leaves - tea

The leaves have been used to make tea.
The young shoots are eaten as a vegetable.

DESCRIPTION

A deciduous tree. It grows up to 18-25 m tall. It has a single trunk and deep taproot. The trunk is smooth and red. The wood is spongy and has resin. The limbs are thick and covered with a rusty red skin. This peels off in thin sheets. The leaves have leaflets along the stalk and are bright green. The leaflets are about 8 cm long. The flowers are creamy white and fairly showy. They are held in thin spreading panicles. The fruit are succulent red berries. They are 1.3 cm across. They are in clusters. The fruit are 3 angled. They are edible.

HABITAT

A tropical plant. It is native to tropical America. It usually grows along the coast close to the tidal limit. In Costa Rica it grows from sea level up to 1,100 m altitude. It grows in mangroves. It suits hardiness zones 10-12. At ECHO.

PRODUCTION

Cultivation

Plants can be grown by seed. It can be grown as a hedge.

NOTES

There are about 100 Bursera species. The wood has been used for incense. It has anticancer properties.

PICTURES



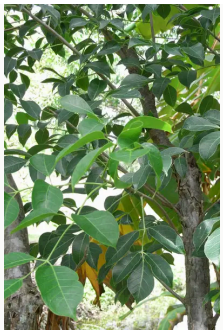
Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

REFERENCES

Barwick, M., 2004, Tropical and Subtropical Trees. A Worldwide Encyclopedic Guide. Thames and Hudson p 72

Brown, D., 2002, The Royal Horticultural Society encyclopedia of Herbs and their uses. DK Books. p 148

Condit, R., et al, 2011, Trees of Panama and Costa Rica. Princeton Field Guides. p 106

Etherington, K., & Imwold, D., (Eds), 2001, Botanica's Trees & Shrubs. The illustrated A-Z of over 8500 trees and shrubs. Random House, Australia. p 149

Ekman Herbarium records Haiti

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 62

Garden & Forest 3:260. 1890

Grandtner, M. M., 2008, World Dictionary of Trees. Wood and Forest Science Department. Laval University, Quebec, Qc Canada. (Internet database http://www.WDT.QC.ca)

Grandtner, M. M. & Chevrette, J., 2013, Dictionary of Trees, Volume 2: South America: Nomenclature, Taxonomy and Ecology. Academic Press p 81

Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 139 (As Bursera gummifera)

http://en.hortipedia.com

Kermath, B. M., et al, 2018, Food Plants in the Americas: A survey of the domesticated, cultivated and wild plants used for Human food in North, Central and South America and the Caribbean. p 188

Kintzios, S. E., 2006, Terrestrial Plant-Derived Anticancer Agents and Plant Species Used in Anticancer research. Critical Reviews in Plant Sciences. 25: pp 79-113

Mutchnick, P. A. and McCarthy, B. C., 1997, An Ethnobotanical Analysis of the Tree Species Common to the Subtropical Moist Forests of the Peten, Guatemala. Economic Botany, Vol. 51, No. 2, pp. 158-183

Piedra-Malagón, E. M. et al, 2022, Edible native plants of the Gulf of Mexico Province. Biodiversity Data Journal 10: e80565 p 15

Plants of Haiti Smithsonian Institute http://botany.si.edu

Roa, J. A. G. & Boada, D. S. G., 2018, Fundación para el Fortalecimiento de la Fruticultura y Plantas Alimenticias no Convencionales en Colombia.

Sukarya, D. G., (Ed.) 2013, 3,500 Plant Species of the Botanic Gardens of Indonesia. LIPI p 166

Tanaka,

Zuchowski W., 2007, Tropical Plants of Costa Rica. A Zona Tropical Publication, Comstock Publishing. p 213

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/6bece019-0297-467a-8533-b938e2785b6a