PLANT FACT SHEET

Gaultheria hookeri C. B. Clarke

GENUS *Gaultheria* **FAMILY** Ericaceae

COMMON NAMES Chinese teaberry

EDIBLE PARTS AND USES

Edible parts: Leaves - tea

The leafy shoots are put over charcoal in a fire then put into boiling water to make tea.

DESCRIPTION

A low shrub. It has rough stiff hairs. It grows 30-100 cm high. It has creeping underground runners. The leaves are narrowly oval and 5-10 cm long by 2-5 cm wide. They taper to the tip and are rounded at the base. There are teeth along the edge. The leaves are leathery. They are shiny above and with dark brown hairs underneath. The flowers are white. They are in groups 2-5 cm long in the axils of leaves. The fruit are bright blue capsules.

HABITAT

It is a temperate plant. It is native to western China. It grows on the edge of spruce forests between 2,600-3,300 m altitude. In Sichuan and Yunnan.

PRODUCTION

Harvesting and Seed Production

In the Himalayas plants flower April to June and fruit June to August.

REFERENCES

Hu, Shiu-ying, 2005, Food Plants of China. The Chinese University Press. p 611 (As Gaultheria veitchiana)

Panda, S., 2015, Diversity of the genus Gaultheria L. (Ericaceae) with special reference to the Eastern Himalayas of India, Nepal and Bhutan. In Hartmann, M. & J. Weipert: Biodiversität & Naturausstattung im Himalaya, Bd. V. p 9

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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