PLANT FACT SHEET

Hippophae tibetana Schltdl.

GENUS *Hippophae* **FAMILY** Elaeagnaceae

COMMON NAMES Tibetan sea buckthorn, Sand thorn

EDIBLE PARTS AND USES

Edible parts: Fruit

The acidic ripe fruit are eaten raw or pickled. The fruit is used to prepare a juice drink.
They are boiled with sugar to form preserves.

DESCRIPTION

A thorny deciduous shrub. It grows to about 50 cm high. The leaves have short stalks. They can be alternate of opposite. They are 1-2 cm long and 0.2-0.6 cm wide. They are narrow and sword shaped. They are leathery with silvery brown scales on both surfaces. The flowers are yellow in clusters in the axils of leaves. They appear with new leaves. The fruit is oblong or round and orange or bright scarlet when ripe.

HABITAT

It is a temperate plant. It grows in cold desert in north India. In Nepal plants grow between 3800 and 4200 m altitude. They grow on rocky or sandy ground. It is cold hardy down to -10°C.

PRODUCTION

Cultivation

Plants are grown from seed.

Harvesting and Seed Production

The fruit are less sour if they remain on the tree until after the first frost.

NOTES

There are about 8 Hippophae species.

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