PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Food Plants International: ? Probably not edible.

Edibility uncertain

It has not been confirmed that this plant is safe to eat. Do not eat it on the strength of this fact sheet alone.

Barringtonia reticulata (Blume) Miq.

GENUS *Barringtonia* **FAMILY** Lecythidaceae

EDIBLE PARTS AND USES

The bark is used to poison fish.

DESCRIPTION

A shrub or small tree. It grows 10 m tall. The trunk is 20 cm across. The bark is reddish-brown. It is deeply cracked. The branches can be drooping. The twigs are slender. The leaves are crowded at the ends of the twigs. They are simple and alternate. The veins in the leaf are like a net. The leaves are narrowly oval and 14-18 cm long by 5-7 cm wide. The flowers hang down at the ends of the branches. The flowering shoots are 30-65 cm long. The flowers are about 4 cm across. The are pink to red. The fruit are 4 cm long. They are reddish-green and angular. They are fleshy.

HABITAT

A tropical plant. It grows in peat swamp and coastal forests. It grows up to 200 m above sea level. It can be on alluvial or sandy soils.

NOTES

There are about 40 Barringtonia species.
The sap of the leaves is used to dye teeth black.
The bark is used as a fish poison.

REFERENCES

Fl. Ned. Ind. 1(1):490. 1855

Prance, G. T. & Jongkind, C. H., 2015, A Revision of African Lecythidaceae. Kew Bulletin. 70:1-68

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/784dd31f-a38b-45f7-8f7e-e698fbc48129