PLANT FACT SHEET

Woodfordia fruticosa (L.) Kurz

GENUS *Woodfordia* **FAMILY** Lythraceae

COMMON NAMES Fire-flame bush

EDIBLE PARTS AND USES

Edible parts: Flowers - nectar, Flowers, Fruit, Shoots, Leaves, Gum

The flowers are sucked for their nectar. They are also cooked as a vegetable.
The fruit are eaten raw when ripe.
The young shoots are eaten.

DESCRIPTION

A shrub. It has many branches. It can grow up to 5-7 m tall. It has many branches. The bark is reddish-brown and peels off in strips. The new shoots and leaves have black dots and circles of glands. The leaves are opposite or in rings of three and are simple. They have a white hairy covering. There are 1-17 flowers in a group on short shoots. These are in the axils of leaves. The flowers are large. They are red-orange. The fruit is a dry irregular capsule. There are many smooth, small brown seeds.

HABITAT

A tropical plant. It grows in Garhwal Himalayas. It grows in less humid and dry regions. It grows from sea level to 800 m altitude in Madagascar. It grows up to 1,500 m in the Himalayas. It is often along streams and rivers. It grows best in a sandy loam. In XTBG Yunnan.

PRODUCTION

Cultivation

Plants are usually grown using cuttings. The plant can be pruned back and will regrow well.

NOTES

There are 2 Woodfordia species. It is used in medicine.

PICTURES



Credit: Food Plants International (Bruce French)

REFERENCES

Acharya K. P. and Acharya, R., 2010, Eating from the Wild: Indigenous knowledge on wild edible plants in Parroha VDC of Rupandehi District, Central Nepal. International Journal of Social Forestry. 3(1):28-48

Agarwal, R. & Chandra, V., 2019, Diversity of wild edible plants in the Mandal-Chopta forest, Uttarakhand. Journal of Medicinal Plants Studies 2019; 7(1): 89-92

Ambasta, S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 690

Behera K. K., et al, 2008, Wild Edible Plants of Mayurbhanj District, Orissa, India. J. Econ. Taxon. Bot. Vol. 32 (Suppl.) pp 305-314

Burkill, I.H., 1966, A Dictionary of the Economic Products of the Malay Peninsula. Ministry of Agriculture and Cooperatives, Kuala Lumpur, Malaysia. Vol 2 (I-Z) p 2305

Dangol, D. R. et al, 2017, Wild Edible Plants in Nepal. Proceedings of 2nd National Workshop on CUAOGR, 2017.

Dobriyal, M. J. R. & Dobriyal, R., 2014, Non Wood Forest Produce an Option for Ethnic Food and Nutritional Security in India. Int. J. of Usuf. Mngt. 15(1):17-37

Gautam, R. S., et al, 2022, Ethnobotanical Review of Wild Edible Plants of Nepal. Journal of Natural History Museum Volume 32, 2021-22 p 118

Ghimeray, A. K., Lamsal, K., et al, 2010, Wild edible angiospermic plants of the Illam Hills (Eastern Nepal) and their mode of use by local community. Korean J. Pl. Taxon. 40(1)

GUPTA,

J. Asiat. Soc. Bengal, Pt. 2, Nat. Hist. 40(2):56. 1871

Jadhav, R., et al, 2015, Forest Foods of Northern Western Ghats: Mode of Consumption, Nutrition and Availability. Asian Agri-History Vol. 19, No. 4: 293-317

Kiran, K. C., et al, 2019, Diversity and Seasonal Availability of Potential Wild Edible Plants from Vidarbha Region of Maharashtra State, India. Int.J.Curr.Microbiol.App.Sci (2019) 8(2): 1434-1446

Kumar, R. & Saikia, P., 2020, Wild edible plants of Jharkhand and their utilitarian perspectives. Indian Journal of Traditional Knowledge Vol 19 (2), April 2020, pp 237-250

Lele, Y., et al, 2021, Wild Edible Plants of Nutritional and Medicinal Significance to the Tribes of Palghar, Maharashtra, India. Journal of Ecological Society. p 20

Liu, Yi-tao, & Long, Chun-Lin, 2002, Studies on Edible Flowers Consumed by Ethnic Groups in Yunnan. Acta Botanica Yunnanica. 24(1):41-56

Mahadkar, S., Valvi, S. & Rathod, V., 2012, Nutritional assessment of some selected wild edible plants as a good source of mineral. Asian Journal of Plant Science and Research 2(4):468-472

Masoodi, H. U. R. & Sundriyal, R. C., 2020, Richness of non-timber forest products in Himalayan communities—diversity, distribution, use pattern and conservation status. Journal of Ethnobiology and Ethnomedicine 16:56

Misra S. & Misra M., 2016, Ethnobotanical and Nutritional Evaluation of Some Edible Fruit Plants of Southern Odisha, India. International Journal of Advances in Agricultural Science and Technology, Vol.3 Issue.1, March- 2016, pg. 1-30

Misra, S., 2020, Survey of edible plants for human consumption in south Odisha, India. Journal of Emerging Technologies and Innovative Research (JETIR) Vol. 7, Issue 12 p 292

Pandy, R. K. & Saini, S. K., 2007, Edible plants of tropical forests among tribal communities of Madhya Pradesh. Indian Journal of Traditional Knowledge. 6(1), pp 185-190

Rahangdale, D. R. & Rahangdale, S.S., 2014, Potential Wild Edible Plant Resources from Maharashtra: Future Prospects for their Conservation and Improvement. Life Sciences Leaflets ISSN 0976-1098

Reddy, B. M., 2012, Wild edible plants of Chandrapur district, Maharashtra, India. Indian Journal of Natural Products and Resources. 3(1) pp 110-117

Schatz, G.E., 2001, Generic Tree Flora of Madagascar. Royal Botanical Gardens, Kew and Missouri Botanical Garden. p 237

Sen, R., et al, 1985, Ethnobotanical Uses of Herbaria - 4 J. Econ. Tax. Bot. Vol 6. No.2 pp 331-335 (As Woodfordia floribunda)

Thapa, L. B., et al, 2014, Wild Edible Plants used by endangered and Indigenous Raji Tribe in Western Nepal. International Journal of Applied Sciences and Biotechnology. Vol 2(3):243-252

Wild edible plants of Himachal Pradesh

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

Xu, Z., Tao, G. & Tan, J., 1988, Tropical Wild Flowers and Plants in Xishuangbanna, Agricultural Publishing House. photo 100

Zhou, L., et al, 2006, Chinese Edible Botanicals: Types, Efficacy and Safety. Handbook of Food Science, Technology, and Engineering, Volume 2 p 98-3

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/81e2a0b0-ef47-4baf-a720-cfa80e89e75c