PLANT FACT SHEET

Actinidia kolomikta (Maxim. & Rupr.) Maxim.

GENUS *Actinidia* **FAMILY** Actinidiaceae

COMMON NAMES Arctic Beauty, Kolomikta

EDIBLE PARTS AND USES

Edible parts: Fruit, Leaves

The ripe fruit are eaten fresh. They are also dried or preserved with salt.

DESCRIPTION

A vine which looses its leaves during the year. It climbs to a height of 4-6 m. The stems are slender, woody and branching. The leaves are oval and taper towards the point. The leaves are 15 cm long and when young they have a purple tinge. They become green and blotched with cream and pink. The flowers are white. They have a sweet smell. They are shaped like a cup and 1 cm across. They occur on groups of 3. Male and female flowers occur separately on separate plants. The fruit are yellow. They are egg shaped berries 2 cm long. They are smooth. The fruit are edible.

HABITAT

A plant native of China and Japan. It grows naturally in coniferous woodlands and hedges in mountains throughout Japan. It prefers cool well drained soils. It suits a sunny position. It is frost resistant but damaged by drought. It suits hardiness zones 4-9. It grows in Sichuan and Yunnan. Arboretum Tasmania.

PRODUCTION

Cultivation

The plant is grown by cuttings.

Harvesting and Seed Production

It produces fruit in 3 years.

NOTES

The unripe fruit have amino acids important for health. It is rich in Vitamin C. There are 40-60 Actinidia species. The Actinidiaceae are a mainly tropical family.

PICTURES



Credit: Food Plants International (Bruce French)

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