PLANT FACT SHEET

Maytenus vitis-idaea Griseb.

GENUS *Maytenus* **FAMILY** Celastraceae

COMMON NAMES Fleshy leaf mayten

EDIBLE PARTS AND USES

Edible parts: Stems - ashes salt, Fruit

The ashes of the stems and leaves are added as a spice or plant salt to many foods.

DESCRIPTION

A shrub or small tree. It keeps growing from year to year. It grows 2-5 m tall. The trunk is 30 cm across. The leaves are 10-90 mm long by 6-70 mm wide. The fruit are red. They are 12-16 mm long by 5-7 mm wide. There are 1-3 seeds.

HABITAT

It is a subtropical plant. In Argentina it grows from sea level to 2,000 m above sea level.

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