PLANT FACT SHEET

# *Ilex aculeolata* Nakai

**GENUS** *Ilex* **FAMILY** Aquifoliaceae

## EDIBLE PARTS AND USES

**Edible parts:** Root

CAUTION:

## DESCRIPTION

A shrub. It grows 1-3 m tall. It loses its leaves during the year. The young branches are slender and hairy at the base. The leaves are 2-5 cm long by 1-3 cm wide. There are teeth along the edge. The flowering shoots occur singly in the axils of leaves. Male and female flowers are separate. The flowers are white.

## HABITAT

It is a subtropical plant. In China it grows between 100-1,200 m above sea level.

## NOTES

There are about 400 Ilex species. They are mostly trees and shrubs of the tropics.
The book Flowering plants of the Neotropics claims the leaves or 60 species of Ilex are used for drinks.

## REFERENCES

Altschul, S.V.R., 1973, Drugs and Foods from Little-known Plants. Notes in Harvard University Herbaria. Harvard Univ. Press. Massachusetts. no. 2536

Heywood, V.H., Brummitt, R.K., Culham, A., and Seberg, O. 2007, Flowering Plant Families of the World. Royal Botanical Gardens, Kew. p 41 (Genus)

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http://www.scs.leeds.ac.uk/pfaf/

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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/8769f7be-8754-47ad-9722-16d2f1473b17