PLANT FACT SHEET

Helwingia japonica (Thunberg) F. Dietrich

GENUS *Helwingia* **FAMILY** Helwingiaceae

COMMON NAMES Helwingia

EDIBLE PARTS AND USES

Edible parts: Flowers, Leaves

The young leafy shoots are eaten. They are blanched in hot water then soaked in cold water before cooking.

DESCRIPTION

A shrub which loses its leaves. It grows 1-3 m tall and spreads 1.5 m wide. Male and female flowers are on separate plants. The leaves are narrowly oval and olive green. The leaves are alternate and have teeth. The flowers appear on the leaves. The male plants have 12 small greenish-white star shaped flowers. Female flowers occur singly. The fruit is fleshy. It is black. The fruit are on the surface of the leaves.

HABITAT

It is a temperate plant. They do best in the sun. They need moist soil. It suits hardiness zones 8-9.

PRODUCTION

Cultivation

Plants can be grown by seed or cuttings. Male and female bushes are needed for seed.

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/8d8e98d8-87ea-41f8-a3ed-34bd4db6f831