PLANT FACT SHEET

Rhizophora mangle L.

GENUS *Rhizophora* **FAMILY** Rhizophoraceae

COMMON NAMES American red mangrove

EDIBLE PARTS AND USES

Edible parts: Leaves, Fruit, Seeds, Leaves - tea, Root

The fermented juice of the fruit is used to produce wine.
The starch of the fruit is used fresh and fermented. The roots and green sprouts or hypocotyl are also used the same way.
The dried leaves are used for tea. (It is high in tannin so should be used sparingly and preferably milk added to bind the tannin)
The roots are used as an emergency food.

DESCRIPTION

An evergreen tree. It grows 7 m tall. The crown is thick, round and bushy. There are many tangling aerial roots. The bark is reddish-brown. The leaves are simple and opposite. They are shiny and dark green. They are narrowly oval and leathery. The flowers are white to pale yellow. They have 4 petals. The flowers occur in clusters. The fruit are dark rusty brown. They are egg shaped. The fruit has a starchy interior which is eaten.

HABITAT

A tropical plant. It grows on muddy tidal shores. The floating fruit are not damaged by salt water. It grows in mangrove swamps. It suits hardiness zones 11-12.

PRODUCTION

Cultivation

The fruit can produce seedlings which float.

PICTURES



Credit: Food Plants International (Bruce French)



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