PLANT FACT SHEET

Arctous alpina (Linnaeus) Niedenzu

GENUS *Arctous* **FAMILY** Ericaceae

COMMON NAMES Alpine bearberry, Alpine manzanita, Amprick, Black bearberry

EDIBLE PARTS AND USES

Edible parts: Fruit

They are juicy and edible but have an unpleasant taste. They are best cooked with sugar and eaten with other berries. The flavour improves with cooking.

DESCRIPTION

A shrub. It is a plant which lies along the ground. It grows 15-40 cm high. It spread 20-100 cm wide. The stems are woody and branching. The leaves fall off. The twigs are woody. The bark peels off. There can be a mat of dead leaves and plant 90 cm across. The leaves are green and oval. They have rounded teeth around the edge. The surface is wrinkled. It loses its leaves during the year. The leaves are sword shape and turn bright red in autumn. The flowers hang down and are white or pink. The fruit are red berries which turn black when ripe. They are 6 mm across.

HABITAT

It is a cold temperate plant. It grows in the Arctic. It grows in sandy heath and rocky locations. It always grows on acidic rocks. It is cold hardy. It grows in northern China in alpine thickets and among rocks at 1,900-3,000 m altitude. It grows best in sandy, rocky, well-drained soils. It needs a protected sunny position. It is resistant to frost but sensitive to drought. In Sichuan. It grows in hardiness zones 1-8.

PRODUCTION

Cultivation

It can be grown from seed or cuttings.

NOTES

There are about 60 Arctostaphylos species.
They have health benefits.

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