PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Avicennia germinans (L.) L.

GENUS *Avicennia* **FAMILY** Acanthaceae

COMMON NAMES Black mangrove

EDIBLE PARTS AND USES

Edible parts: Salt, Honey, Fruit sprouts

A salt is collected from the leaves and roots.
The flowers produce an attractive honey.
The sprouted fruit is eaten after cooking.
Caution: The fruit sprouts need special treatment to remove the poison.

DESCRIPTION

A shrub or tree. It grows 20 m tall. The trunk is grey and the bark can be cracked. It has thin pneumatophores or breathing roots. They can be 30 cm long. The leaves are simple, opposite and narrow. They are 10 cm long and 3 cm wide. They are a lighter colour underneath. Salt crystals form underneath the leaf. The flowers are small and have 4 lobes. They are tube shaped and 1 cm across. They have a fragrant honey smell. The fruit is flat and green. It has one unequal sides seed. It is 2 cm wide and has a pointed end.

HABITAT

A tropical plant. It can tolerate high levels of salt. It grows in mangrove swamps. It can grow in arid places.

PRODUCTION

Cultivation

The seedlings need to be settled on mud before they can form roots.

NOTES

Also put in the family Avicenniaceae. Also put in the family Verbenaceae.

REFERENCES

Bircher, A. G. & Bircher, W. H., 2000, Encyclopedia of Fruit Trees and Edible Flowering Plants in Egypt and the Subtropics. AUC Press. p 49

Burkill, H. M., 1985, The useful plants of west tropical Africa, Vol. 1. Kew.

Condit, R., et al, 2011, Trees of Panama and Costa Rica. PrincetonField Guides. p 28

Dalziel, J. M., 1937, The Useful plants of west tropical Africa. Crown Agents for the Colonies London. (As Avicennia africana)

Djihounouck, Y., et al, 2018, Diversité Et Importance Socio-Economique Des Espèces Fruitières Sauvages Comestibles En Zone Kasa (Sud-Ouest Du Sénégal). European Scientific Journal December 2018 edition Vol.14, No.36 ISSN: 1857 – 7881

Djihounouck, Y., et al, 2021, Ethnobotanical Uses of Non-cultivated Edible Fruit Species in the Department of Oussouye (South Senegal). Journal of Food Research; Vol. 10, No. 4 p 20

Duke,

Enum. syst. pl. 25. 1760 (Select. stirp. amer. hist. 177, t. 112, fig. 1. 1763) (As Avicennia africana)

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 45

Grandtner, M. M. & Chevrette, J., 2013, Dictionary of Trees, Volume 2: South America: Nomenclature, Taxonomy and Ecology. Academic Press p 52

Jardin, C., 1970, List of Foods Used In Africa, FAO Nutrition Information Document Series No 2.p 58 (As Avicennia africana)

Kermath, B. M., et al, 2018, Food Plants in the Americas: A survey of the domesticated, cultivated and wild plants used for Human food in North, Central and South America and the Caribbean. p 144

Kew Plants of the World Online

Le Houerou, H. N., (Ed.), 1980, Browse in Africa. The current state of knowledge. International Livestock Centre for Africa, Ethiopia. p 161

Little, E. L. & Wadsworth, F. H., 1964, Common Trees of Puerto Rico and the Virgin Islands. USDA Agriculture Handbook No. 249 (As Avicennia nitida)

McLaughlin, J., Woody and Herbaceus Plants Native to Haiti. University of Florida.

Morton, J., 1961, Plants for survival in South Florida. Florida State Horticultural Society. p 314 (As Avicennia nitida)

Morton, 1978,

Peters, C. R., O'Brien, E. M., and Drummond, R.B., 1992, Edible Wild plants of Sub-saharan Africa. Kew. p 197 (As Avicennia africana)

Plants of Haiti Smithsonian Institute http://botany.si.edu

Roa, J. A. G. & Boada, D. S. G., 2018, Fundación para el Fortalecimiento de la Fruticultura y Plantas Alimenticias no Convencionales en Colombia.

Royal Botanic Gardens, Kew (1999). Survey of Economic Plants for Arid and Semi-Arid Lands (SEPASAL) database. Published on the Internet; http://www.rbgkew.org.uk/ceb/sepasal/internet [Accessed 4th April 2011]

Savill, P. S. & Fox, J. E. D., Trees of Sierra Leone. p 51 (As Avicennia africana)

Sp. pl. ed. 3, 2:891. 1764

Terra, G.J.A., 1973, Tropical Vegetables. Communication 54e Royal Tropical Institute, Amsterdam, p 27 (As Avicennia africana)

Torre, de la L., et al, 2008, Enciclopedia de las Plantas Útiles del Ecuador. Herbario QCA. Pontificia Universidad Católica del Ecuador. p 238

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

Zuchowski W., 2007, Tropical Plants of Costa Rica. A Zona Tropical Publication, Comstock Publishing. p 341

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/b1452395-ca6e-47fc-8732-41598bf00417