PLANT FACT SHEET

Berberis aristata DC.

GENUS *Berberis* **FAMILY** Berberidaceae

COMMON NAMES Indian barberry, Nepal Barberry

EDIBLE PARTS AND USES

Edible parts: Fruit, Flowers, Twigs

The ripe fruit is eaten raw and also pickled. They are used in preserves, desserts and sauces. The fruit are dried and eaten.
Alcohol is distilled from ripe fruit. Caution: Alcohol is a cause of cancer.
The flower buds are used in sauces.
The seeds are roasted and pickled.

DESCRIPTION

A spiny deciduous shrub. It grows to 3-5 m high. The branches are usually red. The leaves are almost without stalks. They are clustered together and are 2-7 cm long by 0.5-2 cm wide. The are oval with 3 pronged spines. Leaves are smooth and taper to the base. They can have teeth along the edge and be spiny. The flowers are yellow and drooping. The fruit is oval and blue-black when ripe.

HABITAT

It is a temperate plant. It grows in Nepal between 1800-3000 m altitude. It grows on open hillsides. It suits moist places. It suits hardiness zones 6-9.

PRODUCTION

Cultivation

Plants are grown from seed.

NOTES

There are about 450-500 Berberis species.

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