PLANT FACT SHEET

Enhalus acoroides (L.f.) L.C.Rich.

GENUS *Enhalus* **FAMILY** Hydrocharitaceae

COMMON NAMES Sea Fruit

EDIBLE PARTS AND USES

Edible parts: Seeds, Fruit, Root, Stem

The seeds are eaten either raw or cooked. They are roasted.

DESCRIPTION

A herb or coarse sea grass with ribbon like leaves that arise from the base of the plant and can be 150 cm x 1 cm. Flowers are borne on long rather slender stalks. Fruit are about 2 to 3 cm across and contain 8 or 9 green seeds. The seeds are about 1 cm across. Underground there is a root-like stem covered with leafy fibres.

HABITAT

A tropical plant. They occur in the Philippines from Luzon to Mindanao and growing in salt water. They are abundant in shallow bays. This grass grows on sandy and muddy shores in sea water up to 4 m deep. It grows in salt water. It does not grow near rivers where fresh water flows into the sea.

PRODUCTION

Cultivation

It grows wild. Seeds sink into the mud and germinate.

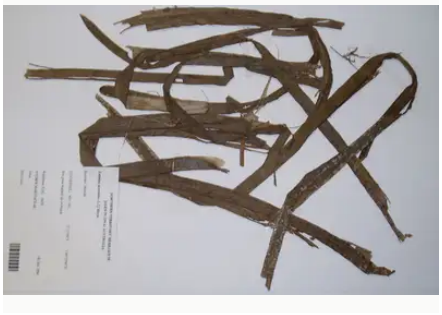
Harvesting and Seed Production

Flowering only occurs in places where plants are uncovered during very low seasonal tides.

PICTURES



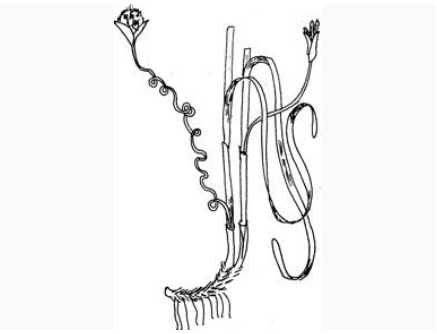
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PROVIDED BY **Food Plants International**

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/bba3ad32-5bdc-4b2e-b947-9e7b66c59411