PLANT FACT SHEET

Embelia vestita Roxburgh

GENUS *Embelia* **FAMILY** Primulaceae

COMMON NAMES Rice soup fruit, Dense-flowered embelia

EDIBLE PARTS AND USES

Edible parts: Fruit, Leaves

The fruit have a sweet sour taste and are eaten fresh with added sugar.
The leaves are cooked and eaten as a vegetable especially with fish.

DESCRIPTION

A straggling shrub. It grows 5 m high. It can be a woody climber. The leaves are oval and 5-10 cm long by 2-4 cm wide. They have rusty hairs. The flowers are in groups 2-3 cm long. The flowers are of separate sexes. They are small and 2 mm long. The fruit are a flattened round shape and 5 mm across. The fruit are black.

HABITAT

It is a subtropical plant. It is native to the eastern Himalayas in China. It grows on rocky hillsides between 1,000-1,700 m altitude. In Sikkim it grows between 900-3,000 m above sea level. In Sichuan and Yunnan.

NOTES

Also put in the family Myrsinaceae.

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Wild edible plants of Himachal Pradesh (As Embelia undulata)

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