PLANT FACT SHEET

Avicennia marina (Forsskal) Vierhapper

GENUS *Avicennia* **FAMILY** Acanthaceae

COMMON NAMES White mangrove, Grey Mangrove

EDIBLE PARTS AND USES

Edible parts: Fruit, Seeds

The fruit are eaten after roasting. They are extensively soaked and then cooked.
CAUTION: The bitter juice is used to produced abortions in India.
The seeds are also eaten after processing.

DESCRIPTION

A small tree up to 3-8 m high. It spreads to 2-5 m wide. It often has several stems. It has many slender aerating roots. These are pencil thin and arise from the radiating roots under the surface. The bark is smooth and grey to white. The leaves are 3-8 cm long by 2-3 cm wide. They are oval to sword shaped and shiny grey-green. They are leathery, and whitish underneath. The leaves occur opposite one another. The leaves have a short stalk. The flowers are 0.5 cm across. They are yellowish and have a sweet scent. The occur in the axils of leaves. The fruit capsule is flattened and has 2 large seed leaves. The fruit is edible. There is one seed inside. The seed germinates on the bush before it drops. This species varies a lot. There are some named subspecies.

HABITAT

A tropical plant. It grows in the tropics but also extends into cooler regions. They are most commonly on the seaward edge of the mangroves. It grows in muddy soil with a pH of 6.5-8. It cannot tolerate shade. It can grow in salty soils. It can grow in arid places. It suits hardiness zones 10-12.

PRODUCTION

Cultivation

Plants are often self sown. Seedlings can be transplanted.

Harvesting and Seed Production

Trees in Australia flower from October to January and fruit January to February.

NOTES

There are about 6-8 Avicennia species. They are tropical. It was in the Avicenniaceae and Verbenaceae families.

PICTURES



Credit: Food Plants International (Bruce French)



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