PLANT FACT SHEET

Carissa grandiflora (E. Mey.) A. DC.

GENUS *Carissa* **FAMILY** Apocynaceae

COMMON NAMES Carissa, Boxwood beauty, Natal plum

EDIBLE PARTS AND USES

Edible parts: Fruit

The fruit are eaten fresh or used in salads, sauces and for juice.
They are also used in pies and preserves.

DESCRIPTION

A large shrub. It grows up to 5 m tall. It is thorny. The leaves are dark green, shiny and very thick. Leaves are on thick branches with sharp branched thorns. The flowers are white and fragrant. They are 4-5 cm across. Fruit are 5 cm long, oval and red. The fruit have thin skin and red flesh. There are several round white seeds inside.

HABITAT

A subtropical plant. It can tolerate salt spray. It is resistant to wind damage. It can grow on most soil types. It needs good drainage and plenty of sunlight. It can tolerate cold weather. It is damaged by frost.

PRODUCTION

Cultivation

Plants can easily be grown from seed. Seedlings may produce kinds with poorer fruit. Cuttings are also commonly used to maintain preferred kinds. Air layering can also be used. Plants can be 2 m apart of 1 m apart if used as a hedge.

Harvesting and Seed Production

It is a slow growing shrub. Trees produce in 5 years.

NOTES

There about 20-37 Carissa species. All Carissa species bear edible fruit. They grow in the tropics and subtropics.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

REFERENCES

Ambasta S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 106

Ashton, M. S., et al 1997, A Field Guide to the Common Trees and Shrubs of Sri Lanka. WHT Publications Ltd. p 107

Bircher, A. G. & Bircher, W. H., 2000, Encyclopedia of Fruit Trees and Edible Flowering Plants in Egypt and the Subtropics. AUC Press. p 84

Bodkin, F., 1991, Encyclopedia Botanica. Cornstalk publishing, p 215

Burkill, I.H., 1966, A Dictionary of the Economic Products of the Malay Peninsula. Ministry of Agriculture and Cooperatives, Kuala Lumpur, Malaysia. Vol 1 (A-H) p 469

Darley, J.J., 1993, Know and Enjoy Tropical Fruit. P & S Publishers. p 122

Engel, D.H., & Phummai, S., 2000, A Field Guide to Tropical Plants of Asia. Timber Press. p 144

Flowerdew, B., 2000, Complete Fruit Book. Kyle Cathie Ltd., London. p 163

Food Composition Tables for use in East Asia FAO http://www.fao.org/infoods/directory No. 926

Gouldstone, S., 1983, Growing your own Food-bearing Plants in Australia. Macmillan p 110

Hardwick, G., 2001, Economically Useful Plants for Northern Australia: Master Species List. Crusader eBooks.

Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 163

John, L., & Stevenson, V., 1979, The Complete Book of Fruit. Angus & Robertson p 201

Kiple, K.F. & Ornelas, K.C., (eds), 2000, The Cambridge World History of Food. CUP p 1821

Lord, E.E., & Willis, J.H., 1999, Shrubs and Trees for Australian gardens. Lothian. p 211

Macmillan, H.F. (Revised Barlow, H.S., et al) 1991, Tropical Planting and Gardening. Sixth edition. Malayan Nature Society. Kuala Lumpur. p 296

Page, P. E. (Ed.), 1984, Tropical Tree Fruits for Australia. Queensland Department of Primary Industries. Brisbane. p 42

Prodr. 8:335. 1844

Purseglove, J.W., 1968, Tropical Crops Dicotyledons, Longmans. p 626

Self, M., 199, Phoenix Seeds catalogue. p 16

Swaminathan, M.S., and Kochnar, S.L., 2007, An Atlas of Major Flowering Trees in India. Macmillan. p 210

Tankard, G., 1990, Tropical fruit. An Australian Guide to Growing and using exotic fruit. Viking p 112

Zeven, A. C. & de West, J. M. J., 1982, Dictionary of cultivated plants and their regions of diversity. Wageningen. p 122

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/c0d7b7ba-2459-4be2-b6ef-ba30e16fdb47