PLANT FACT SHEET

Viburnum cotinifolium D. Don

GENUS *Viburnum* **FAMILY** Viburnaceae

EDIBLE PARTS AND USES

Edible parts: Fruit

The ripe fruit are eaten raw. They are sweet.

DESCRIPTION

A large deciduous shrub. The stems are 2-3 m long. The young shoots and underneath the leaves are covered with white, woolly, star-shaped hairs. The leaves are 5-12 cm long and rounded. They can have blunt teeth. The flowers are in domed clusters at the top of the plant. They are white with a tinge of pink. The flower clusters can be 5-10 cm across. The flowers are 8 mm across. The fruit are red and turn black when ripe. They are 8-13 mm across. They are edible. They have one seed.

HABITAT

It is a temperate plant. Garhwal Himalayas. In the Himalayas it grows between 1,800-3,600 m altitude. It grows in forest and shrub. It grows in open sunny places. Arboretum Tasmania.

NOTES

There are about 150 Viburnum species. Also put in the family Caprifoliaceae.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

REFERENCES

Agarwal, R. & Chandra, V., 2019, Diversity of wild edible plants in the Mandal-Chopta forest, Uttarakhand. Journal of Medicinal Plants Studies 2019; 7(1): 89-92

Ahmad, K. & Pieroni, A., 2016, Folk knowledge of wild food plants among the tribal communities of Thakht-e-Sulaiman Hills, North-West Pakistan. Journal of Ethnobiology and Ethnomedicine, 12:17

Ambasta, S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 673

Amin, M., et al, 2023, Edible wild plant species used by different linguistic groups of Kohistan Upper Khyber Pakhtunkhwa (KP), Pakistan. Journal of Ethnobiology and Ethnomedicine 19:6 p 14

Awan, M. R., et al, 2011, Studies on traditional knowledge of economically important plants of Kaghan Valley, Mansehra District, Pakistan. Journal of Medicinal Plants Research Vol. 5(16), pp. 3958-3967

Bhattarai, S and Chaudary, R. P., 2009, Wild Edible Plants Used by the People of Manang District, Central Nepal. Ecology of Food and Nutrition, 48:1-20

Bodkin, F., 1991, Encyclopedia Botanica. Cornstalk publishing, p 1015

Davis, S.D., Heywood, V.H., & Hamilton, A.C. (eds), 1994, Centres of plant Diversity. WWF. Vol 1 or 2. p 99

Dobriyal, M. J. R. & Dobriyal, R., 2014, Non Wood Forest Produce an Option for Ethnic Food and Nutritional Security in India. Int. J. of Usuf. Mngt. 15(1):17-37

Flora of Pakistan. www.eFlora.org

Gautam, R. S., et al, 2020, Wild Edible Fruits of Nepal. Int. J. Appl. Sci. Biotechnol. Vol 8(3): 289-304

Gautam, R. S., et al, 2022, Ethnobotanical Review of Wild Edible Plants of Nepal. Journal of Natural History Museum Volume 32, 2021-22 p 100

Gillani, S. W., et al, 2024, The nexus between ecology of foraging and food security: cross-cultural perceptions of wild food plants in Kashmir Himalaya. Journal of Ethnobiology and Ethnomedicine, (2024) 20:77

Guo, C., et al, 2022, An Ethnobotany Survey of Wild Plants Used by the Tibetan People in Gyirong Valley, Tibet, China. Journal of Ethnobiology and Ethnomedicine 18:67 p 11

GUPTA,

Haj, F., et al, 2012, Species Diversity and Ethno Botanical Classes of the Flora of Allai Valley District Battagram Pakistan. International Journal of Plant Research 2012, 2(4): 111-123

Hamayun, M., Ethnobotanical Studies of some Useful Shrubs and Trees of District Buner, NWFP, Pakistan

Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 673

Khalid, N., et al, 2023, Wild food plants gathered by four cultural groups in North Waziristan, Pakistan. Genet Resour Crop Evol. 70:1243–1276

Khan, D. & Shaukat, S.S., 2006, The Fruits of Pakistan: Diversity, Distribution, Trends of Production and Use. Int. J. Biol. Biotech., 3(3):463-499

Khan, W., et al, 2013, Ethnomedicinal plants of Kakul Hills, District Abbottabad, KPK, Pakistan.

Lord, E.E., & Willis, J.H., 1999, Shrubs and Trees for Australian gardens. Lothian. p 268

Mehta, P. S. et al, 2010, Native plant genetic resources and traditional foods of Uttarakhand Himalaya for sustainable food security and livelihood. Indian Journal or Natural products and Resources. Vol 1(1), March 2010 pp 89-96

Negi, P. S. & Subramani, S. P., 2015, Wild Edible Plant Genetic Resources for Sustainable Food Security and Livelihood of Kinnaur District, Himachal Pradesh, India, International Journal of Conservation Science. 6 (4): 657-668

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK.
http://www.scs.leeds.ac.uk/pfaf/

Polunin, O., & Stainton, A., 2006, Flowers of the Himalaya, Oxford India Paperbacks. p 171

Prodr. fl. nepal. 1411825

Radha, B., et al, 2013, Wild Edible Plant Resources of the Lohba Range of Kedarnath Forest Division (KFD), Garhwal Himalaya, India. Int. Res J. Biological Sci. Vol. 2 (11), 65-73

Rana, J.C. et al, 2011, Genetic resources of wild edible plants and their uses among tribal communities of cold arid regions of India. Genetic Resources and Crop Evolution. 59:135-149

Rana, P. K., et al, 2014, Uses of Local Plant Biodiversity among the Tribal Communities of Pangi Valley of District Chamba in Cold Desert Himalaya, India. The Scientific World Journal. Volume 2014, Article ID 753289, 15 pages

Rawat, G.S., & Pangtey, Y.P.S., 1987, A Contribution to the Ethnobotany of Alpine Regions of Kumaon. J. Econ. Tax. Bot. Vol. 11 No. 1 pp 139-147

Singh, H.B., Arora R.K.,1978, Wild edible Plants of India. Indian Council of Agricultural Research, New Delhi. p 73

Upreti, K., et al, 2010, Diversity and Distribution of Wild Edible Fruit Plants of Uttarakhand. Bioversity Potentials of the Himalaya. p 192

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/c17c9fa4-4655-41ea-8740-ec2c7f741abc