PLANT FACT SHEET

Sonneratia alba J. Sm.

GENUS *Sonneratia* **FAMILY** Lythraceae

COMMON NAMES White mangrove

EDIBLE PARTS AND USES

Edible parts: Fruit, Leaves, flower - nectar

The ripe fruit are eaten raw or cooked. They are also used to flavour fish.
The leaves are eaten raw or cooked.
The nectar of the flowers is eaten.

DESCRIPTION

A large tree. It grows 26-40 m high. The trunk can be 70-175 cm across. The bark is dark grey. The trunk is swollen at the base and with aerial roots. The leaves are thick and leathery, rounded at the tip and 6 to 12 cm long by 3-9 cm wide. They are nearly as wide as long. The outer ring of sepals is green and leathery. The petals are white and narrow and fall off early. The fruit are hard, rounded and pushed down at the tip. They are 3 to 4 cm across and contain many seeds.

HABITAT

A tropical plant. They are found along the outer part of the swamp and often occur even on exposed reefs throughout the Philippines. They grow on seashores and tidal creeks.

NOTES

There are 9 Sonneratia species. Sometimes these are still put in the Sonnerataceae family.

PICTURES



Credit: Food Plants International (Bruce French)



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