PLANT FACT SHEET

Vaccinium oxycoccus L.

GENUS *Vaccinium* **FAMILY** Ericaceae

COMMON NAMES Small Cranberry, Lingonberries

EDIBLE PARTS AND USES

Edible parts: Fruit, Leaves - tea, Seeds - oil

The fruit are used for jellies, sauces, drinks, pies and preserves. They are added to sauerkraut.
The leaves are used as tea.

DESCRIPTION

A creeping shrub. It keeps growing from year to year. It grows 10-40 cm long. It has fine woody stems. The leaves are alternate and simple. They are thick, oval and dark shiny green above. They are 5 mm long and the edges are rolled under. The flowers are pink and small. They are 5 mm across and occur as 1-4 together on nodding stalks. The fruit are red. They are 6-8 mm across.

HABITAT

It grows in subarctic and alpine places. It grows on sphagnum moss and in bog forests. It does best in a soil with pH 2.9-3.8. It is more cold tolerant than Cranberry (Vaccinium macrocarpum).

PRODUCTION

Cultivation

It can be grown from cuttings or rooted runners.

NOTES

They have health benefits.

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