PLANT FACT SHEET

Prinsepia utilis Royle

GENUS *Prinsepia* **FAMILY** Rosaceae

COMMON NAMES Cherry prinsepia

EDIBLE PARTS AND USES

Edible parts: Seeds - oil, drink, Fruit, Flowers

The ripe fruit are eaten.
The seed oil is used for cooking. It is edible.

DESCRIPTION

A shrub which loses its leaves during the year. It grows to about 2 m high. The branches have sharp spines. These can be 5 cm long. The leaves have stalks. They are alternate. The leaves are 6-7 cm long by 0.5-3 cm wide. The are sword shaped and taper to the tip. They have slight teeth. The flowers have stalks. They are white and in short groups in the axils of leaves. The fruit is fleshy with a hard covering over the seed. The fruit is oblong and purple when ripe.

HABITAT

It is a temperate plant. In Nepal it grows between 1300-2900 m altitude. It grows in sunny, open places. In India it is in Garhwal Himalayas. It suits hardiness zones 5-9. In Yunnan.

PRODUCTION

Cultivation

Plants are grown from seed or branch cuttings.

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

Altschul, S.V.R., 1973, Drugs and Foods from Little-known Plants. Notes in Harvard University Herbaria. Harvard Univ. Press. Massachusetts. no. 1483

Ambasta, S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 491

Bhatia, H., et al, 2021, Wild Edible Fruits and Vegetables of Himachal Pradesh. Journal of Research: The Bede Athenaeum Indian Journals.com March 2021, Vol. 12 No. 1 (53-66)

Cundall, P., (ed.), 2004, Gardening Australia: flora: the gardener's bible. ABC Books. p 1084

Dangol, D. R. et al, 2017, Wild Edible Plants in Nepal. Proceedings of 2nd National Workshop on CUAOGR, 2017.

Dangwal, L. R., et al, 2014, Exploration of wild edible plants used by Gujjar and Bakerwal tribes of District Rajouri (J&K), India. Journal of Applied and Natural Science 6 (1): 164-169

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

Dutt, B., et al, 2011, Ethnobotanical Survey of Plants used by Gaddi Tribe of Bharmour Area in Himachal Pradesh. ENVIS Bulletin: Himalayan Ecology 19, 2011

Flora of China @ efloras.org Volume 9

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 201

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

Geng, Y., et al, 2016, Traditional knowledge and its transmission of wild edibles used by the Naxi in Baidi Village, northwest Yunnan province. Journal of Ethnobiology and Ethnomedicine. 12:10

Ghimeray, A. K., Lamsal, K., et al, 2010, Wild edible angiospermic plants of the Illam Hills (Eastern Nepal) and their mode of use by local community. Korean J. Pl. Taxon. 40(1)

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

Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 516

Ill. bot. Himal. Mts. 1(6):206. 1835; 2(3): t. 38, fig. 1. 1834

Joshi, A. R.. and Joshi, J., 2009, Plant Diversity and Ethnobotanical Notes on tree species of Syabru Village, Langtang National Park, Nepal. Ethnobotanical Leaflets 13:651-64

Ju, Y., et al, 2013, Eating from the wild: diversity of wild edible plants used by Tibetans in Shangri-la region, Yunnan, China, Journal of Ethnobiology and Ethno medicine 9:28

Liu, Yi-tao, & Long, Chun-Lin, 2002, Studies on Edible Flowers Consumed by Ethnic Groups in Yunnan. Acta Botanica Yunnanica. 24(1):41-56

Manandhar, N.P., 2002, Plants and People of Nepal. Timber Press. Portland, Oregon. p 381

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

Menninger, E.A., 1977, Edible Nuts of the World. Horticultural Books. Florida p 58

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, D., et al, 2020, Use of medicinal plants for treating different ailments by the indigenous people of Churah subdivision of district Chamba, Himachal Pradesh, India. Environment, Development and Sustainability. Springer.

Sundriyal, M., et al, 1998, Wild edibles and other useful plants from the Sikkim Himalaya, India. Oecologia Montana 7:43-54

Sundriyal, M., et al, 2004, Dietary Use of Wild Plant Resources in the Sikkim Himalaya, India. Economic Botany 58(4) pp 626-638

Tanaka,

Thakur, D., et al, 2017, Why they eat, what they eat: patterns of wild edible plants consumption in a tribal area of Western Himalaya. Journal of Ethnobiology and Ethnomedicine (2017) 13:70

Wickens, G.E., 1995, Edible Nuts. FAO Non-wood forest products. FAO, Rome. p147

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

www.efloras.org Flora of China Volume 9

Zhang, L. et al, 2013, An Ethnobotanical Study of Traditional Edible Plants Used by Naxi People in Northwestern Yunnan, China. - A Case Study in Wenhai Village. Plant Diversity and Resources. p 484

Zhang, L., et al, 2016, Ethnobotanical study of traditional edible plants used by the Naxi people during droughts. Journal of Ethnobiology and Ethnomedicine. 12:39

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/d0da411f-ad5a-4192-a892-06b44f8e97fb