PLANT FACT SHEET

Saurauia punduana Wall.

GENUS *Saurauia* **FAMILY** Actinidiaceae

COMMON NAMES Sicho-heinch

EDIBLE PARTS AND USES

Edible parts: Fruit, bud

The ripe fruit are eaten raw.

DESCRIPTION

An evergreen tree. It grows 6 m tall. The young branches are hairy. The leaves are narrowly oval and 33 cm long by 11 cm wide. There are brown hairs underneath the leaves. The flowers are small and white but change to pink. The fruit are round berries.

HABITAT

It is a subtropical plant. In Sikkim it grows between 300-1,200 m above sea level. In Tibet it grows in broad-leaved forests on mountains between 700-1,700 m above sea level.

PRODUCTION

Harvesting and Seed Production

In Sikkim fruit are available October to December.

NOTES

Also put in the family Saurauiaceae.

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