PLANT FACT SHEET

# *Actinidia polygama* (Siebold & Zucc.) Maxim.

**GENUS** *Actinidia* **FAMILY** Actinidiaceae

**COMMON NAMES** Silver vine, Matatabi

## EDIBLE PARTS AND USES

**Edible parts:** Fruit, Leaves, Sap

The fruit are eaten raw or cooked. They are also salted.
The young leaves are eaten cooked.
The fruit can be bitter.
The sap is used as a seasoning.

## DESCRIPTION

A climber. It grows up to 2.4 m long and spreads 2.4 m wide. The leaves are pale silver or gold. They are 15 cm long. The leaves are tapered. The flowers are white with yellow anthers. The fruit are 3 cm across.

## HABITAT

It is a temperate plant. It grows naturally in woodlands and hedges in mountains throughout Japan. They are hardy to -30°C when dormant. They are damaged by frost when young. It suits hardiness zones 4-9. In Sichuan and Yunnan.

## NOTES

There are 40-60 Actinidia species. The Actinidiaceae are a mainly tropical family.

## PICTURES



Credit: Food Plants International (Bruce French)



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