PLANT FACT SHEET

Bruguiera gymnorrhiza (L.) Savigny

GENUS *Bruguiera* **FAMILY** Rhizophoraceae

COMMON NAMES Red mangrove, Large-fruited orange mangrove

EDIBLE PARTS AND USES

Edible parts: Fruit, Leaves, Roots

The fruit are boiled twice in water, the outer covering being removed between the cookings. The starchy fruit are then eaten.
Young leaves may be eaten, cooked.
The timber is a good fuel but corrodes metal while burning.

DESCRIPTION

A large evergreen tree up to 36 m high with stilt and knee-like roots. The trunk can be 80 cm across and is mostly straight. The bark is rough and grey on the outside and red inside. The leaves are mostly clustered near the ends of the many branches. The leaves are oval and leathery simple leaves and 15- 22 cm x 6-9 cm. They are pointed at the tip and the base is wedge shaped. The tip of the leaves does not have the midrib extended. The upper surface is shiny and the lower surface dull. The leaf stalk is red. The flowers are distinctive and often found washed up along the sand and mud. They are red and occur singly in the axils of leaves. They are 3 to 4 cm across. The outer case of sepals is bell shaped and leathery and for half its length has narrow pointed teeth. These are usually 12 to 15 in number. The fruit is long in shape and 3 cm long. It can germinate and produce a hypocotyl which is a long green structure growing from the centre of the flower and is up to 25 cm long. It has ridges along it. The leaves are more densely grouped together than with Bruguiera sexangula and also the fruit are longer.

HABITAT

A tropical plant. They occur in mangrove swamps throughout the Philippines, and Asian and Pacific countries. It occurs in mangrove swamps but in the driest, best aerated soil. It can tolerate brackish or salt water flooded by high tide. It normally grows between sea level and 2 m altitude. It does best with temperatures between 20-30°C. It grows in acid to neutral soils with a pH between 4 and 7.4. It can grow in arid places.

PRODUCTION

Cultivation

It grows wild. Seeds normally germinate and sprout while still attached to the tree. These seeds or seedlings can be planted or transplanted. They are simply stuck into the mud.

Harvesting and Seed Production

It is a slow growing tree. Flowering is from March to April in the Northern hemisphere and May to November in the southern hemisphere. Fruiting is in the following 2 months. Flowers and fruit can also occur throughout the year. Seeds can keep their germination ability for 5 to 6 months.
Because the fruit contain tannin the fruit need to be grated then washed and rinsed before being cooked in coconut milk to give flavour.

NOTES

There are 6 Bruguiera species. They grow in tropical mangrove swamps.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

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