PLANT FACT SHEET

Hippophae rhamnoides subsp. turkestanica Rousi

GENUS *Hippophae* **FAMILY** Elaeagnaceae

COMMON NAMES Seabuckthorn

EDIBLE PARTS AND USES

Edible parts: Fruit

The fruit are boiled with sugar and eaten. They are acidic. They are used for juice.
The juice is also used for curries.
The dried leaves are used for making tea.

DESCRIPTION

A climbing shrub. It grows 2 m tall. The shoots are often modified into spines. The leaves are 2-6 cm long and 3-6 mm wide. They are narrow. The male flowers are in clusters at the base of the shoots. The female flowers are in clusters of 2-4 and are slender. The fruit is almost round and 6-7 mm across. It is succulent and orange. There is one seed. The seed is 4 mm long. It is black and shiny with unequal lobes.

HABITAT

It is a cool temperate plant. It grows in cold desert in north India. In the Himalayas it grows between 1,800-3,600 m altitude.

NOTES

There are about 8 Hippophae species.
The plant is being studied for its health benefits.

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