PLANT FACT SHEET

Gaultheria trichophylla Royle

GENUS *Gaultheria* **FAMILY** Ericaceae

COMMON NAMES East wintergreen, Checkberry, Himalayan snowberry

EDIBLE PARTS AND USES

Edible parts: Fruit, Leaves - tea

The ripe fruit are eaten raw. They are sweet and have a scent.
The leaves are used for tea.

DESCRIPTION

A small shrub which lies along the ground. It has wiry, branches with rough hairs. The leaves have short stalks. The leaves are alternate. They are 0.5-1.4 cm long by 0.2-0.4 cm wide. The leaves are oblong with rounded teeth along the edge. The flowers occur singly. They are in the axils of leaves and are pinkish white. The fruit is a capsule. It is round and covered with a fleshy blue outer ring of petals. It is edible. There are many very small seeds.

HABITAT

A subtropical plant. In Nepal it grows from 2700-4500 m altitude. In Uttar Pradesh in India it grows between 2500-4000 m altitude. In Sichuan and Yunnan.

PRODUCTION

Cultivation

Plants are grown from seed or root offshoots.

Harvesting and Seed Production

In the Himalayas it flowers May-June and fruits July to October.

NOTES

There are about 170 Gaultheria species.

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