

Common names**Cassia, Golden Shower,**

Fabaceae

Scientific name***Cassia fistula*****Edible portion**

Leaves, Flowers, Pod pulp, Fruit, Spice,

**Description**

A deciduous or evergreen tree. It grows to 9-20 m high and spreads 3-5 m wide. The stem is erect and slender. Sometimes it has small buttresses. The leaves are 45-60 cm long and divided with 6-16 leaflets which are 15 cm long and 4-9 cm wide. The leaflets are wedge shaped at the base. The leaves are bright green. The leaf stalk is 7-10 cm long. The flowers are yellow and have a smell. They occur in long drooping sprays which can be 20-40 cm long. The flowers are 4 cm across. The fruit are brown pods. These can be 20-60 cm long and 1.5-2 cm wide. They are black and smooth. The seeds are brown and glossy. They are 1.3 cm long and flattened.

Distribution

A tropical plant. It is native to India. It prefers a rich well drained soil. It needs a protected sunny position. It is drought and frost tender. Plants need a temperature above 16°C for growth. It grows all over India up to 1500 m altitude. It can grow in arid places. In XTBG Yunnan. It suits hardiness zones 10-12.

Found in:

Africa, Asia, Australia, Bangladesh, Bermuda, Cambodia, Central America, China, Colombia, Costa Rica, Dominican Republic, East Africa, East Timor, Egypt, Ethiopia, Grenada, Guiana, Guyana, Haiti, Hawaii, Himalayas, India, Indochina, Indonesia, Kenya, Laos, Malawi, Malaysia, Maldives, Marquesas, Mozambique, Myanmar, Nauru, Nepal, Nicaragua, Nigeria, Niue, Northeastern India, Pacific, Pakistan, Panama, Papua New Guinea, PNG, Philippines, Rotuma, Sao Tome and Principe, SE Asia, Senegal, Singapore, Sikkim, South America, Sri Lanka, Tanzania, Thailand, Timor-Leste, USA, Vanuatu, Vietnam, West Africa, West Indies, Zimbabwe,

Use

The young leaves and flower buds are cooked as a vegetable. The leaves are chopped small before cooking. The flowers are fried.

The pulp of the pods is eaten but not the seeds.

CAUTION: The pod pulp is a purgative but safe. It is only eaten in small quantities.

The pulp is used as an ingredient in spiced Indian tobacco.



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