



Common names

Dahoon holly,

Scientific name

Ilex cassine

Edible portion

Leaves, Leaves - tea,

Aquifoliaceae



Description

A tree. It grows 8 m tall. It has small sword shaped leaves. They are leathery and have shallow teeth. The leaves are 8-10 cm long. They have soft prickles along the edges. Male and female flowers are on separate plants. The flowers are small and greenish white. They are held in small, hairy clusters near the ends of branches. The fruit are red berries.

Distribution

A tropical plant. It grows in coastal swamps and moist, coastal forests. It can tolerate occasional flooding with fresh or brackish water. It suits hardiness zones 6-11. Melbourne Botanical Gardens.

Found in:

Australia, Bahamas, Central America, Cuba, Hawaii, Pacific, North America, Pacific, Puerto Rico, Slovenia, USA, West Indies,

Use

The leaves have been used for tea. They are dried and roasted. The leaves contain caffeine.

CAUTION: They can cause dizziness and have a laxative effect.

Cultivation

It can be grown from seed. Cuttings or layering can be used. They do not transplant easily, so should be sown direct. They also do not like pruning.

Production

It is slow growing.



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Nutritional Values

Ilex cassine

Edible Part	/100 g edible portion	Moisture %	Energy KJ	Energy Kcal	Protein g	Provit A µg	Vit C mg	Iron mg	Zinc mg
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