



**Common names**

Apocynaceae

**Simple-spined num-num,**

**Scientific name**

***Carissa spinarum***

**Edible portion** Fruit, Spice,

### **Description**

An evergreen shrub. It grows 5 m tall. It is thorny. It can be climbing. The leaves are narrowly oval and leathery and have soft hairs. The flowers are white and have a scent. They are in groups at the ends of branches. The fruit are red berries. They are about 1 cm across.

### **Distribution**

A tropical plant. It grows in dry regions. It can grow in arid places. It grows in south India. In the Himalayas it grows up to 6,000 m above sea level. It occurs in the Western Ghats in India. Rajasthan. In Sichuan and Yunnan.

### **Found in:**

Africa, Asia, Bangladesh, Cambodia, China, Cuba, East Africa, Ethiopia, Himalayas, India, Indochina, Indonesia, Kenya, Madagascar, Mozambique, Myanmar, Northeastern India, NW India, SE Asia, Sri Lanka, Thailand, Uganda,

### **Use**

The ripe fruit can be eaten raw or used for tarts. They are also used for juice, The unripe fruit are used in pickles.

### **Cultivation**

Plants can be grown from seed or cuttings. It is a good hedge plant.

### **Production**

It flowers throughout the year.



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**Nutritional Values***Carissa spinarum*

Edible Part	/100 g edible portion	Moisture %	Energy KJ	Energy Kcal	Protein g	Provit A µg	Vit C mg	Iron mg	Zinc mg
Fruit		73.2			3.2				



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