

Sea buckthorn *Hippophe rhamnoides*

- ❖ Wild and cultivated fruit, from regions in Poland and Ukraine.
- ❖ The shrubs branches are very thorny making harvest very difficult.
- ❖ The plant is dioecious, with male and female flowers on separate plants. The brownish male flowers produce wind-distributed pollen. The female produce bright orange fruits.
- ❖ Fruits are ripe in late summer, August/September.
- ❖ Sea buckthorn fruit can be used to make pies, jams, juice and liqueurs.
- ❖ The fruits are high in C vitamins.



	Unit	
Weight	g	100
Energy (kJ)	kJ	<u>388</u>
Energy (kcal)	kcal	93
Protein	g	<u>1,4</u>
Fat	g	<u>7,1</u>
Carbohydrate	g	<u>3,3</u>
Fibres	g	<u>5,6</u>
Ash	g	<u>1,8</u>
Water	g	<u>82,6</u>
Fat-soluble vitamins		
β-Carotene	µg	<u>860</u>
Vitamin E	mg	<u>3,05</u>

	Unit	
Water-soluble vitamins		
Riboflavin	mg	<u>0,21</u>
Vitamin C	mg	<u>131</u>
Vitamin B6	mg	<u>0,11</u>
Folate	µg	24
Minerals		
Phosphorus	mg	<u>12</u>
Iron	mg	<u>0,70</u>
Calcium	mg	<u>10</u>
Potassium	mg	<u>40</u>
Magnesium	mg	<u>10</u>
Sodium	mg	4
Zink	mg	<u>0,30</u>

Sources:

<http://linnaeus.nrm.se/flora/di/elaegna/hippo/hipprha.html>

<http://sv.wikipedia.org/wiki/Havtorn>

http://en.wikipedia.org/wiki/Sea_buckthorn

http://en.wikipedia.org/wiki/Hippophae_rhamnoides

<http://www7.slv.se/Naringssok/Naringsamnen.aspx>