

# FGCU Food Forest

## Plant Database

### American Beautyberry (*Callicarpa americana*)

#### Quick Facts

**Origin:** Southeastern United States.  
**Description:** Perennial shrub, grows 5-8 feet tall with drooping branches.  
**Harvest:** August-September.  
**Flower:** Late Spring-Summer.  
**Tolerance:** Intolerant of deep shade, moderately cold tolerant.



**General Description:** The leaves of the American Beautyberry are elliptical to ovate with opposite arrangement. The underside of the leaves usually have a wooly texture. It is adapted to a wide variety of soils and pH range.

- **Native Origin:** Native to the Southeastern USA, and also to parts of Mexico and the Caribbean.
- **General History:** Native Americans used the roots of this plant to treat rheumatism, fever, stomachaches, and dysentery. In the early 20<sup>th</sup> century, farmers would crush the leaves and place them under the harnesses of horses and mules to repel mosquitoes.
- **Distribution:** The Southeastern United States (Texas and Oklahoma to Maryland), parts of Mexico and the Caribbean.
- **Season of Harvest:** August to September. Small clusters of purple berries form around the woody stems.
- **Culinary Uses:** The berries are the only edible part of this plant. They can be eaten raw, but tend to be mealy and slightly bitter. They can be made into a tasty jelly or made into a tea that is high in antioxidants.

## American Beautyberry

### Scientific Classification

Kingdom:	Plantae
(unranked):	Angiosperms
(unranked):	Eudicots
(Unranked):	Asterids
Order:	Lamiales
Family:	Lamiaceae
Genus:	<i>Callicarpa</i>
Species:	<b><i>C. americana</i></b>

#### Sources

<http://www.eattheweeds.com/beautyberry-jelly-on-a-roll/>

Mgnv.org

[http://plants.usda.gov/factsheet/pdf/fs\\_caam2.pdf](http://plants.usda.gov/factsheet/pdf/fs_caam2.pdf)

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