

# Sea-Buckthorn

## *Hippophae rhamnoides*

**Habitat:** Terrestrial, sea shores and cliffs  
**Family name:** Elaeagnaceae



Sea-Buckthorn Fruit

**Description:** sea buckthorn is a species of flowering plant in the family Elaeagnaceae, native to the cold-temperate regions of Europe and Asia. It is a spiny deciduous shrub.



Sea-Buckthorn Stand on Sand Dune

Sea-Buckthorn is a deciduous and hardy shrub that can grow between 2 and 4 m high. It has a rough, brown or black bark and a thick, greyish-green crown.



Sea-Buckthorn Leaves

The leaves are alternate, narrow and lanceolate, with silvery-green upper faces.

flowers grow on different shrubs.

The sex of seedlings can only be determined at the first flowering, which mostly occurs after three years.

The male inflorescence is built up of four to six apetalous flowers, while the female inflorescence normally consists of only one apetalous flower and contains one ovary and one ovule.



Sea-Buckthorn Flower

*Hippophae rhamnoides* is divided into eight subspecies: *ssp. carpatica*, *caucasica*, *fluviatilis*, *mongolica*, *rhamnoides*, *sinensis*, *turkestanica* and *yunnanensis*.



Sea-Buckthorn Flower



Sea-Buckthorn Stem

These subspecies vary in size, shape, number of main lateral veins in the leaves and quantity and colour of stellate hairs. They also have different areas of distribution and specific utilizations.

Fertilization occurs solely via wind pollination, which is why male plants need to be planted near the female plants to allow for fertilization and fruit production.



Sea-Buckthorn Stem

The plants have a very developed and extensive root system, and the roots live in symbiosis with nitrogen-fixing *Frankia bacteria*.

The roots also transform insoluble organic and mineral matters from the soil into more soluble states. Vegetative reproduction of the plants occurs rapidly via root suckers.



Sea-Buckthorn Fruit

The oval or lightly roundish fruits grow in compact grapes varying from pale yellow to dark orange and contain high amounts of vitamin C, vitamin

E, carotenoids, flavonoids and health-beneficial fatty acids, as well as higher amounts of vitamin B12 than other fruits.



Sea-Buckthorn Seeds