**Autumn Olive**

Elaeagnus umbellata

Oleaster Family

Also known as: Japanese silverberry, Autumn berry, Umbellata Oleaster, Aki-Gumi

Autumn olive is a large shrub, native to Asia, and in New England is considered invasive.

Can grow 16ft- to look like a small tree. Leaves are oval shaped, grow alternate. The underside of leaves is silvery. Flowers are silvery white-yellow, funnel shaped, fragrant. Branches have thorns. Little fruits ripen in fall- turn bright red with little silver speckles.

Parts used: fruit, flowers, seeds, stems and leaves.

**Fruit:** Contains vitamins A, C and E, flavonoids, tannins, carotenoids, including Lycopene, B-carotene, and zeaxanthin. Autumn olive fruits have up to 17x more lycopene than tomatoes. Also contains essential fatty acids.

The fruit has antioxidant and antimicrobial properties. Because of the antioxidant constituents of the fruit, scientists think that autumn olive may help prevent heart disease and cancer.

Ripe fruit can be eaten raw or cooked- into jam or fruit leather. Berries can also be frozen or dried. Taste is sweet-sour. Tannic acid in the berries makes them astringent, freezing them removes some of the astringency.

**Seeds**: edible but fibrous, contain omega-3 essential fatty acids and protein; Omega-3’s are important for overall health, can help to reduce inflammation, promote heart and brain health and lowers the risk of chronic diseases.

Autumn olive seeds have been used as a stimulant in treatment of coughs.

**Flowers**: astringent, cardiac tonic and stimulant, anti-microbial

**Stems and leaves** - used for arthritic conditions. In Traditional Chinese Medicine, considered bland, cool, associated with the liver, used to reduce swelling and stagnation.

Links:

<http://returntonature.us/foraging-the-autumn-olive/> - video and smoothie recipe

<http://www.naturalmedicinalherbs.net/herbs/e/elaeagnus-umbellata=autumn-olive.php>

<http://herbs-treatandtaste.blogspot.com/2011/02/autumn-olive-medicinal-benefits-and.html>

<http://www.psa-rising.com/eatingwell/wild-foods/autumnolive.htm>

<http://www.autumnberryinspired.com/about-autumn-berry>

<http://tammisweet.com/autumn-olive-who-are-you-and-why-should-we-be-friends/>

<http://ravensedgellc.blogspot.com/2013/09/autumn-olive.html>

<http://www.fruit.cornell.edu/berry/production/pdfs/autumnolive.pdf>

<http://www.nutragreenbio.com/product/autumn-olive-elaeagnus-umbellata-extract>