

## *Emblica officinalis*

**Botanical name:** *Emblica officinalis*

**Common name:** Amla

### **Morphological characters:**

The tree is small to medium in size, reaching 1–8 m (3 ft 3 in–26 ft 3 in) in height. The branchlets aren't glabrous or finely pubescent, 10–20 cm (3.9–7.9 in) long, usually deciduous; the leaves are simple, sub sessile and closely set along branchlets, light green, resembling pinnate leaves. The flowers are greenish-yellow. The fruit is nearly spherical, light greenish yellow, quite smooth and hard on appearance, with six vertical stripes or furrows. Ripening in autumn, the berries are harvested by hand after climbing to upper branches bearing the fruits. The taste of Indian gooseberry is sour, bitter and astringent, and it is quite fibrous. In India, it is common to eat gooseberries steeped in salt water and turmeric to make the sour fruits palatable.



### **Growing season and type:**

1. Plant of Amla is found everywhere in India up to the height of 5000 feet.
2. Fruits appear from October to April.
3. Hybrid variety of Amla has bigger fruits than the wild variety.
4. Fresh fruits are light green and ripe fruits turn light brown in colour.



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1. Fruit of *Emblica officinalis*
2. Leaves of *Emblica officinalis*
3. *Emblica officinalis* tree



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