

# Uses

ID	542
Crop ID	Sea Buckthorn ( <i>Hippophae salicifolia</i> )
Part	Fruit
Use Category	Food
Notes	A very nutritious food, and possibly the most nutritious fruit that can be grown in temperate climates. It is very rich in vitamins, especially vitamin C, plus minerals and bioflavonoids, and is also a source of essential fatty acids.
Metadata ID	7,907