

Amla (Big Fruit, Grown through seeds) - Plant



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Description

Description for Amla (Big Fruit, Grown through seeds)

Alma trees-better known as Indian Gooseberries- are typically grown in subtropical climates. They are native to India and bear small fruit that is rich in vitamin C and are used in many herbal and natural medicines. While Amla trees do well on their own, with a little bit of care, they can thrive and bear larger fruits. The Indian name of the plant is Amala and its Sanskrit name is Bhumyamalaki. Phyllanthus niruri is a tropical plant that is found in coastal parts of the country. It is also known as stone-breaker and seed under leaf.

The plant is a relative of the spurge that belong to the Phyllanthus genus that belongs to the family of Phyllanthaceae. It has been seen growing in coastal areas. It looks like Amla and grows 50-70 cm high. Hence of Amla like appearance and short height, it is called as Bhumi Amla. Because of its low harvest in the climatic situation, it has to go through the shortage.

The seeds can be sown from late April to late May. After 3 months, the crops get ready for harvest. The plant can be described as analgesic and digestive. Phyllanthus niruri's dried powder can be made into capsules or tablets for use during sickness. It can be added to tea and other beverages.

Common name	Flower colours	Bloom time	Height	Difficulty
Indian gooseberry, Bhumi amla, Bhumyamalki, Amlaki, adiphala, dhatri, amalaka, amali, amalakamu, usirikai, Anola, Amlika, nellikai, malacca tree, nillika, nellikya, emblic.	-	-	3 to 25 feet	Easy to grow

Planting and care

Amla is used in traditional Indian subcontinent recipes, in various cuisines and in Ayurveda for its medicinal values. All parts of Amla tree are

useful, its leaves, roots, fruits, seeds, bark, and flowers are used to prepare a variety of items like juice, chutney, jam, infusions, lotions, concentrates, herbal teas and other natural concoctions.

Sunlight	Soil	Water	Temperature	Fertilizer
Full sun light	Loamy soil, Sandy soil	Medium	20 to 30 degrees C	Use any organic fertilizer

Caring for Amla

- Spread amla berries in sunlight to dry until they are shriveled if you don't begin with amla seeds.
- Peel off the pulp to uncover the berries' hexagonal stones.
- Locate the small seeds inside the stones, and pry them out, cutting the stones if necessary.
- Drop the amla seeds into a container of water. Discard all seeds that don't sink in the water.
- Let the seeds soak in the water for 12 hours.
- Fill seedling pots with a potting soil containing equal portions of sand, compost, and garden loam.
- Plant one amla seed in each pot, placing each seed at a depth three times its diameter in the potting soil.
- Moisten the potting soil, and cover the pots with plastic wrap.
- Remove the plastic wrap as needed to moisten the soil, ensuring it stays damp.
- Germination should occur in two weeks to one month. Continue to grow the seedlings in pots for eight to 10 months, until they reach 10 to 12 inches in height.
- Choose a planting location with deep, rich, well-drained loam and full sun exposure.
- Although amla does best in deep, rich soil, it grows in almost any ground that isn't extremely alkaline or soggy.
- Dig planting holes 30 feet apart, and mix a few shovelfuls of composted manure into the soil of each hole.
- Plant the seedlings at the same soil depth in the holes that they were in their pots.
- Place composted manure on top of the soil around the seedlings, keeping it several inches from their trunks. Water the planting sites.
- Snip back the tips of your saplings when the trees reach 3 feet tall.
- Doing so forces them to branch out. Allow a few of the strongest branches evenly spaced around the trunk to remain, but remove all weak growth.

Harvesting

Growing amla tree from seed takes around 5 years to produce fruits. Fruits are hard and glossy, of dull green color. Fruits generally appear from January to March in tropics.

Typical uses of Amla

Special features:

Culinary use: Amla is used in sauces, candy, dried chips, pickle, jellies and powder.

Medicinal use: Amla is a medicinal plant used in India. Always seek advice from a professional before using a plant medicinally

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