



YOGA *Elaeocarpus joga*

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Yoga is a large tree that is indigenous to the Mariana Islands and Palau. It grows in limestone forests.

Other Common Names: Blue Marble Tree

Synonyms: None

Family Name: Elaeocarpaceae

Plant appearance

Distinctive feature: Yoga is distinguished by its dense crown with reddish young leaves that turn green as it matures, which become reddish again before falling. It has blue fruits that look like marbles.

Leaf

Shape: Elliptic with crenate (rounded teeth) margins

Arrangement: Alternate

Type: Simple

Flower

Size: Average size is about 1.0 in.

Color: White

Shape: Campanulate (bell-shaped with feather-like tips)

Arrangement: Grows in racemes from leaf axils

Flowering period: Year round

Habit

Typical height: 50-plus ft.

Fruit

Type:

Size: About 0.39 in. in diameter

Color: Blue

Number of seeds: 4

Edible: Wildlife



Yoga flowers^a.

Growing your own

Form: Seed

Seed collection: Collect healthy and mature fruits. Dry and crack it to obtain the seeds.

Seed treatment: None

Germination time: 2 months after scarification

Planting depth: No deeper than 0.80 in.

Pre-planting: Seedlings from 1-gallon pots will be ready for transplant in 4-6 months after initial germination. Ensure shoot growth is at least 1 ft. above pot height and no taller than 2 ft. and ensure girth is at least 0.50 in. in diameter.

Special hints: Ensure adequate water and fertilize as needed up to 6-12 months after transplanting from pots.



Yoga leaves^a.

Production conditions

pH value: 6.5-7.5 (neutral to alkaline)

Water: Moderate

Salt tolerance: Low

Wind tolerance: Medium

Soil characteristics: Limestone

Light: Both sun and shade

Space requirement: 20-30 ft.

Growth rate: 1-3 ft. per year

Growth direction: Upwards

Fertilizer: For outplants, apply small amounts of complete fertilizer once every 3-4 months for 1 year.

Pruning: Prune dead branches. Prune as necessary for structure and crown thinning. Prune no more than 25 percent of plant every 4-6 months.



Yoga fruit^a.

Risks

Near surface roots: High

Limb breakage: High

Special considerations: None

Pests: The black citrus aphid (*Toxoptera aurantii*) and Indian wax scale (*Ceroplastes ceriferus*) feed on tender stems of Yoga. The mealybug, *Pseudococcus* nr. *microadonidum* feeds on the foliage of the tree. The armored scale, *Lepidosaphes rubrovittata*, feeds on the leaves and the six-spotted spider mite (*Eotetranychus sexmaculatus*) feeds on the lower surface of the leaves. When the leaves are tender, the caterpillar, *Adoxophyes* sp., feeds by webbing them. The caterpillars of *Thiotricha* sp. attack the flowers and the caterpillar, *Herpystis* sp. attacks the young fruits. The leaf cutter bee, *Megachile* sp. destroys the leaf margins and the caterpillars of *Epinotia* sp. feed on both flowers and leaves.



Yoga seed^a.

How to use this plant

This tree is highly recommended for reforestation and ornamental purposes.

Agroforestry: Landscape

Wildlife: Wildlife food

Medicinal: Unknown

Other uses: Light-duty woodwork

Photo credits

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For further information

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Yoga seedling^a.

This is a continuation of the first set of 9 Native Tree factsheets in collaboration with Guam Department of Agriculture and USDA which is found in this link: http://cnas-re.uog.edu/useful-cnas-documents-posters/?wpv_aux_current_post_id=3189&wpv_view_count=3187-TCPID3189&wpv_paged=2.

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