PLANT FACT SHEET

Monopteryx angustifolia Spruce ex Benth.

GENUS *Monopteryx* **FAMILY** Fabaceae

COMMON NAMES Narrowleaf monopteryx

EDIBLE PARTS AND USES

Edible parts: Seeds, Seeds - oil

The seeds are cooked and eaten. They can be roasted. They are bitter. They are better prepared by removing the seed coat and layer between the seeds and then softened in boiling water for 3 hours. To remove the bitterness they are leached in running water for 2 days.

DESCRIPTION

A large tree. It grows 25 m tall. The trunk is 120 cm across. It has buttresses. The fruit is a seed pod 18-20 cm long and flattened. The seeds are flattened and disk shaped and 45 mm x 35 mm x 10 mm.

HABITAT

A tropical plant. It grows in rainforest near rivers. It grows in the humid tropical lowlands. It grows in areas with an average rainfall of 26°C and an annual rainfall of about 3,400 mm.

PRODUCTION

Harvesting and Seed Production

Seeds are collected from the ground after the pods split open. A seed weighs 7 g.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/0ed5b8f3-728a-4c57-900a-6b3dee786286