PLANT FACT SHEET

Edibility uncertain

It has not been confirmed that this plant is safe to eat. Do not eat it on the strength of this fact sheet alone.

Omphalocarpum elatum Miers

GENUS *Omphalocarpum* **FAMILY** Sapotaceae

COMMON NAMES African nutmeg tree

EDIBLE PARTS AND USES

Edible parts: Fruit

DESCRIPTION

A tree. It grows 25-30 m tall. The crown is compact. The trunk is cylinder shaped and 80 cm across and can be slightly fluted. The bark is grey-brown and can have a rough texture. The leaves are large, alternate arranged in spirals. They can be 10-25 cm long. The flowers are small and yellow to white and in clusters. The fruit are on the trunk of the tree. They are a capsule that can be 12 cm across. They change from green to brown as they ripen.

HABITAT

It is a tropical plant. It suits the wet tropics.

NOTES

Medicine,

REFERENCES

Ichikawa, M., Determinismes Ecologiques et Culturels Des Choix Alimentaires de chasseurs-cueilleurs Mbuti du Zaire. p 759 in L'Alimentation en Foret Tropicale UNESCO

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/0fec6520-128f-4050-a5a4-c53bbf017b39