PLANT FACT SHEET

Omphalea oleifera Hemsl.

GENUS *Omphalea* **FAMILY** Euphorbiaceae

EDIBLE PARTS AND USES

Edible parts: Fruit, Seeds

The ripe seeds are eaten as a delicacy.
The young fruit are boiled and eaen

DESCRIPTION

A tree. It can be 30 m tall. The leaves are simple and broad.

HABITAT

It is a tropical plant.

REFERENCES

USA Department of Agriculture Inventory No. 89, 1929, Plant Material Introduced by the Office of Foreign Plant Introduction. p 11
World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/18037472-16da-4ed0-a49e-aceea8672532