PLANT FACT SHEET

Omphalea diandra Linn.

GENUS *Omphalea* **FAMILY** Euphorbiaceae

COMMON NAMES Cobnut, Hunterman's Nut, Russel river nut

EDIBLE PARTS AND USES

Edible parts: Seeds, Fruit

The seeds are eaten but the embryo is removed.

DESCRIPTION

A climber. It grows 30 m long. The stems are 20 cm across. The bark has a slimy white latex that turns red. The flowers are of single sexes but on the same plant. They are in the axils on old wood. They can be arranged with one central female flower. The fruit is a pear shaped berry. It can be angular. It is fleshy and 11.5 cm long by 8 cm wide and 7 cm thick. It tapers towards the base. The pulp is greenish-yellow and edible. There are 2-3 seeds. These can be 3 sided. They are 5 cm long by 4.5 cm wide and 3 cm thick. They are rich in oils and edible. They have a rough seed coat.

HABITAT

A tropical plant. It grows on ridges, along creeks and in rainforests. It grows up to 600 m above sea level.

NOTES

There are about 17-22 Omphalea species.

PICTURES



Credit: Food Plants International (Bruce French)

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