PLANT FACT SHEET

Cola heterophylla (P. Beauv.) Schott et Endl.

GENUS *Cola* **FAMILY** Malvaceae

EDIBLE PARTS AND USES

Edible parts: Nuts, Fruit, Leaves, Vegetable

The leaves are eaten as a vegetable.
The fruit are eaten raw.

DESCRIPTION

A shrub. It grows 3 m high.

HABITAT

A tropical plant. It grows in the undergrowth in evergreen rain-forest in West Africa.

NOTES

Also put in the family Sterculiaceae.

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