PLANT FACT SHEET

Lecythis elliptica Kunth

GENUS *Lecythis* **FAMILY** Lecythidaceae

COMMON NAMES Monkey Pot, Sapucaia Nut

EDIBLE PARTS AND USES

Edible parts: Nuts

The seeds are eaten fresh and also roasted.
The seeds are rich in oil.

DESCRIPTION

A small tree. The fruit are 9 cm long and 7.5 cm across. They are brown on the outside.

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HABITAT

A tropical plant. It suits the hot humid tropical lowlands.

PRODUCTION

Cultivation

Plants are grown from seed.

NOTES

There are 26 Lecythis species.

REFERENCES

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