PLANT FACT SHEET

Irvingia grandifolia (Engl.) Engl.

GENUS *Irvingia* **FAMILY** Irvingiaceae

EDIBLE PARTS AND USES

Edible parts: Nuts, Bark, Fruit, Seeds

The outer flesh is sweet. The pulp of the fruit is eaten raw.
The seeds are eaten raw or cooked.

DESCRIPTION

A deciduous tree. It grows to 40 m high. The trunk is 1.5 m across. The leaves are 20-35 cm long by 10-15 cm wide. The leaves turn red before they fall. The flowers are yellow. The fruit are oblong and 5 cm long by 3 cm wide. They are fleshy with soft sweet pulp when ripe. There is a hard stone inside the fruit with one seed.

HABITAT

A tropical plant. It grows in the forest zone in Central Africa. It grows in forest on dry land.

PRODUCTION

Cultivation

Plants are grown from seed. Seed only remain viable for a short time.

Harvesting and Seed Production

Fruit production is seasonal.

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