PLANT FACT SHEET

Tetragastris altissima (Aubl.) Swart

GENUS *Tetragastris* **FAMILY** Burseraceae

COMMON NAMES Bread and cheese

EDIBLE PARTS AND USES

Edible parts: Fruit, seeds - aril

The aril or layer around the seed is eaten raw.

DESCRIPTION

A tree. It grows 30 m high. It has unequal buttresses. The outer bark is flaky and the inner bark is orange. The leaves are alternate. There are usually 7-9 leaflets with one at the end. They are papery. The flower groups are 20 cm long. The flowers are small and white. The fruit is round and fleshy. It has 2-5 lobes. The fruit are 3.4 cm long by 4 cm wide and red.

HABITAT

A tropical plant.

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