PLANT FACT SHEET

Cola digitata Mast.

GENUS *Cola* **FAMILY** Malvaceae

COMMON NAMES Kola Nut

EDIBLE PARTS AND USES

Edible parts: Nuts, seeds - aril, Fruit

CAUTION: There are risks involved with this plant.
The fruit is used as a spice and flavouring in sauces and other dishes.

DESCRIPTION

A small tree. It grows 9 m high. The leaves are large. They are bunched at the ends of branches.

HABITAT

It is a tropical plant. It grows in the lowland rain-forest as an under-storey plant.

NOTES

Also put in the family Sterculiaceae.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/41377e1f-63e2-4e14-a65f-f9e6face4cad