PLANT FACT SHEET

Panda oleosa Pierre

GENUS *Panda* **FAMILY** Pandaceae

COMMON NAMES Panda

EDIBLE PARTS AND USES

Edible parts: Seeds, Seeds - oil, Seeds - spice, Fruit

The oil from the seeds is used in cooking.
The seeds are crushed and used as a spice.
The seeds are cooked and eaten and pounded and added to soups, sauces and stews.

DESCRIPTION

A tree. It grows 15-30 m high. The trunk is 80 cm across. It can have short buttresses. The leaves are alternate and simple. They are 10-20 cm long by 5-9 cm wide. The flowers are red. The fruit are 4-5 cm across. They are green to pale yellow. The flesh is a reddish-orange. The seeds are encased in a hard shell. There are 3 openings each with a seed bent at right angles.

HABITAT

A tropical plant. It grows in the rain-forest as an under-storey tree. It is also along rivers and in seasonally flooded land.

PRODUCTION

Cultivation

Plants are grown from seed. They do not germinate easily. They may take 10 months to 4 years to germinate.

Harvesting and Seed Production

It grows slowly. The stones of the fruit are difficult to open. In Central African Republic flowers have been observed in February.

NOTES

There is only one Panda species.

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