PLANT FACT SHEET

Caryocar costaricense Donn.Sm.

GENUS *Caryocar* **FAMILY** Caryocaraceae

COMMON NAMES Aji

EDIBLE PARTS AND USES

Edible parts: Fruit, Seeds - oil

The fruit are cooked and eaten.
Edible oil can be extracted from the seed.

DESCRIPTION

A tree. It grows 50 m tall. It has buttresses 1.5 m tall. The leaves are opposite and have 3 leaflets.

HABITAT

It is a tropical plant. It grows in the moist lowlands.

REFERENCES

Flora of Panama

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/454a3c8f-6411-4998-8bdf-c82fccf9499a