PLANT FACT SHEET

Mora excelsa Benth.

GENUS *Mora* **FAMILY** Fabaceae

COMMON NAMES Guiana mora

EDIBLE PARTS AND USES

Edible parts: Seeds

The seeds are hard so are soaked in water for a week then scraped and added to cassava bread.
The seeds are boiled and grated and mixed with cassava.

DESCRIPTION

A tree. It grows 50 m tall. The trunk is 2 m across. It can have buttresses 5 m tall and 4 m wide. The leaves are alternate and have 6-8 leaflets. The leaflets are opposite and leathery and 14 cm long by 6 cm wide. The flowering shoots are at the ends of branches and have dense spikes 15 cm long by 1.5 cm wide. The flowers are white and cup shaped. The fruit is a brown flattened woody pod. It is 20 cm long by 7 cm wide and 5 cm thick. It splits open along its length. The edges coil up once open. There are 1-2 seeds that are kidney shaped and 9 cm long by 5 cm wide and 4 cm thick. They have a thin wall.

HABITAT

It is a tropical plant. It grows in moist to wet places.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/4993532b-bc53-4aef-b768-01b4e38c5024