PLANT FACT SHEET

Cynometra cauliflora L.

GENUS *Cynometra* **FAMILY** Fabaceae

COMMON NAMES Namnam

EDIBLE PARTS AND USES

Edible parts: Fruit, Pods

The fruit are eaten raw or cooked and as a flavouring in curry.
They are also pickled.

DESCRIPTION

A small tree. It grows up to 15 m high. It has a thick stem which branches many times. Each leaf is made up of two leaflets. The leaf is 5-15 cm long and 2.5-7.5 cm wide and is not the same shape in the two halves of the leaf. The leaves are shiny smooth and dark green on top and paler underneath. The flowers are small. They are 1.2 cm across. They appear on the stem in clusters. The fruit is a fleshy pod 5-10 cm long and 5 cm wide. It is kidney shaped. There is one seed. The fruit has a fleshy pulp. The flesh is yellow. The fruit surface is rough and wrinkled. It is a dull pale green.

HABITAT

It is a tropical plant. It suits the hot humid tropical lowlands. It needs an annual rainfall of 1,500-2,000 mm. The daily temperature should be 22-35°C. It can resist wind. It is best in full sun but can tolerate shade. It probably yields best in a monsoonal climate with a dry season. In Fiji it is grown near sea level.

PRODUCTION

Cultivation

Plants can be grown by seed. They can also be grown by budding and grafting.

NOTES

There are about 20-70 Cynometra species. They grow in the tropics.
Also as Caesalpinaceae.

PICTURES



Credit: Food Plants International (Bruce French)



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