PLANT FACT SHEET

Barringtonia edulis Seemann

GENUS *Barringtonia* **FAMILY** Lecythidaceae

COMMON NAMES Vutu kana, Cut nut

EDIBLE PARTS AND USES

Edible parts: Nuts

DESCRIPTION

A small tree. It grows up to 15 m high. The trunk is 30 to 40 cm across. The bark is smooth and greyish brown. The leaves are glossy on both sides and are large. They are 17 to 45 cm long by 10 to 20 cm across. They are wedge shaped near the base, and wavy or with rounded edges, near the tip. The midrib and veins are raised on both leaf surfaces. The leaf stalk is about 1 cm long and there are 15 to 20 pairs of veins. This nut tree has flowers with stalks from a single unbranched stalk. These flower and nut stalks come from the end of the branch and hang down. The flower stalk can be up to 50 cm long and have about 40 flowers and nuts. The fruit can be 4 or 5 cm long and 2 cm across and when ripe the fruit skin colour is green. The seed kernel inside the hard shell can be 3 cm by 1 cm in size. This species is very similar to Barringtonia procera but this one has leaves with leaf stalks, the flowers are on stalks, the fruit is green when fresh and the fruit is more smooth and egg shaped.

HABITAT

A tropical plant. This species mainly occurs in Fiji. Other similar species occur in Solomon Islands, Papua New Guinea and other Pacific countries. It occurs in forest, woodland and grassland up to 400 m above sea level.

PRODUCTION

Harvesting and Seed Production

The flowering and fruiting is mostly just before Christmas, from September to December.

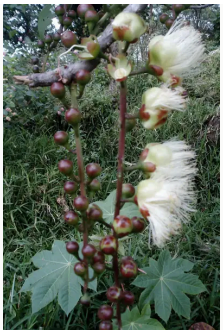
NOTES

There are about 40 Barringtonia species.

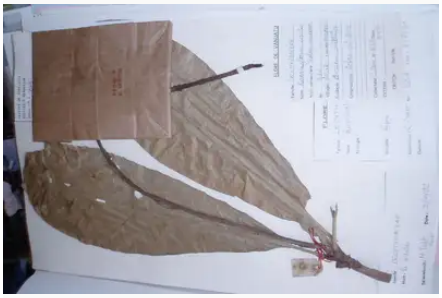
PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



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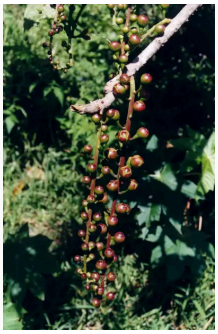

Credit: Food Plants International (Bruce French)

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