PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Picralima nitida (Stapf) T. Durand et H. Durand

GENUS *Picralima* **FAMILY** Apocynaceae

EDIBLE PARTS AND USES

Edible parts: Bark - tea, Seeds, Fruit

The fruit is chewed as a famine food. It should probably only be chewed in vary small amounts.

DESCRIPTION

A tree. It grows 20 m tall. The trunk can be 60 cm across. The leaves are oblong and 10-27 cm long by 2-13 cm wide, They taper to the tip. The flowering shoots are 6-10 cm long with 12-36 flowers. The fruit are yellow to orange. They are oval and 8-15 cm long by 13-14 cm wide.

HABITAT

It is a tropical plant. It grows in the forest. In Nigeria it has been recorded at 230 m above sea level. It suits the wet tropics.

PRODUCTION

Harvesting and Seed Production

In Central African Republic it flowers in April and June.

NOTES

The seeds have medicinal properties.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/55ea14a2-4e31-4621-ba68-c1c7923d4493