PLANT FACT SHEET

Neocarya macrophylla (Sabine) Prance ex F. White

GENUS *Neocarya* **FAMILY** Chrysobalanaceae

COMMON NAMES Gingerbread plum

EDIBLE PARTS AND USES

Edible parts: Fruit, seeds

The fruit is eaten fresh. They are also boiled with cereals. They can be crushed to make a juice drink.
The kernels are roasted and eaten.

DESCRIPTION

A bush or small tree. It grows 10 m high. The trunk is gnarled. The crown is round and bushy. The branches have a dense grey covering when young. The leaves are broad. They have a grey covering underneath. The fruit are oval and 5 cm long. The pulp is edible.

HABITAT

A tropical plant. It grows in sandy locations scattered along West Africa. It can be near banks of sandy seasonal watercourses and on sandstone cliffs. It can survive burning in savannah zones.

PRODUCTION

Harvesting and Seed Production

Fruit can be available all year round.

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