PLANT FACT SHEET

Calatola costaricensis Standl.

GENUS *Calatola* **FAMILY** Icacinaceae

COMMON NAMES Costa Rica calatola, Catola

EDIBLE PARTS AND USES

Edible parts: Seeds, Nuts

The seed is best roasted then eaten.
Caution: It can cause nausea if eaten raw or in large amounts.

DESCRIPTION

A tree. It grows 15 m tall. The trunk has low branches. The crown is dense. The leaves are simple and alternate. The leaves are oblong and 10-25 cm long. The flowers are small and green or white. Trees are separately male and female. The fruit is fleshy with a bony layer around the seed. This is 7 cm long.

HABITAT

It is a tropical plant. In Costa Rica it grows from sea level to 2,000 m altitude. It grows in lower mountain and wet forests.

PRODUCTION

Cultivation

Plants are grown from seed. Seed will float in the sea for 1 year but may not grow after this.

NOTES

There are about 6 Calatola species.

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