PLANT FACT SHEET

Cola ballayi M.Cornu ex Heckel

GENUS *Cola* **FAMILY** Malvaceae

COMMON NAMES Abang

EDIBLE PARTS AND USES

Edible parts: Nuts, Seeds, Stimulant

The seeds without the skin are chewed raw as a stimulant.

DESCRIPTION

A shrub or small tree. It grows 15-20 m high. The trunk is 40 cm across.

HABITAT

A tropical plant.

PRODUCTION

Harvesting and Seed Production

Fruit production is seasonal.

NOTES

Also put in the family Sterculiaceae.

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