PLANT FACT SHEET

Poga oleosa Pierre

GENUS *Poga* **FAMILY** Anisophylleaceae

COMMON NAMES Inoi Nut, African Brazil Nut

EDIBLE PARTS AND USES

Edible parts: Seeds, Nuts, Nuts - oil, Fruit

The nut yields an edible oil. The nuts are eaten raw.

DESCRIPTION

A tree. It grows to 35 m tall. The trunk is 1.5 m across. The leaves are alternate and simple. They are 10-15 cm long by 5-7 cm wide. The fruit are round and fleshy. They are 5 cm across. There are 2-4 seeds. These are 2 cm long by 1 cm wide.

HABITAT

A tropical plant. It grows in patches in deep forest in West Africa. It grows in the humid zone.

NOTES

There is only one Poga species. There are 4 genera and 35 species in the Anisophylleaceae.

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