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.

Lecythis ollaria Loefl.

GENUS *Lecythis* **FAMILY** Lecythidaceae

COMMON NAMES Monkey Pot, Pot nut, Pot tree, Sapucaia nut

EDIBLE PARTS AND USES

Edible parts: Nuts, Seeds

The seeds are eaten fresh or roasted.
CAUTION: It can be slightly poisonous if grown on selenium rich soils.

DESCRIPTION

A medium sized tree with a spreading crown. It grows to 13-35 m high. The leaves are simple and leathery. They are glossy and bright green. The flowers are mauve. The large fruit are produced at the tips of the branches. The fruit are 7.5-25 cm across. Because of their weight, the fruit hang downwards. They are cone shaped with a ridge at the base. At maturity the lid opens and the seeds fall out. The fruit is woody and hard. It is brown in colour and rough. There are 10-30 seeds in each fruit.

HABITAT

A tropical plant. It suits the hot, humid tropical lowlands. It is best in a deep fertile soil. It suits hardiness zones 11-12.

PRODUCTION

Cultivation

Plants are grown from seed. The seed take a long time to germinate.

Harvesting and Seed Production

Trees grow slowly. Trees start producing fruit and nuts about 10 years after planting. The seed easily fall and are scattered.

NOTES

There are 26 Lecythis species.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

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