PLANT FACT SHEET

Coula edulis Baill.

GENUS *Coula* **FAMILY** Olacaceae

COMMON NAMES African walnut

EDIBLE PARTS AND USES

Edible parts: Nuts, Seeds - oil, Fruit

The seeds are eaten fresh and also boiled or roasted. They are also fermented and used as flavouring.

DESCRIPTION

A tree. It grows to 30 m high. The trunk is 1 m across. The branches are often spreading. The leaves are simple and alternate. They are 10-25 cm long by 4-10 cm wide. They end in a point. The flowers are in rusty hairs clusters. The fruit is round. They are 3-4 cm across. The fruit is fleshy with a stone inside. This has one seed.

HABITAT

A tropical plant. It grows in the hot, humid tropical lowlands. It tolerates moderate shade.

PRODUCTION

Cultivation

Plants are grown from seeds.

Harvesting and Seed Production

It Sierra Leone trees flower from February to May and fruit are produced from November to February.

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