PLANT FACT SHEET

Cola congolana De Wild. et T. Durand

GENUS *Cola* **FAMILY** Malvaceae

EDIBLE PARTS AND USES

Edible parts: Fruit

The pulp of the fruit is eaten raw.
The leaves are cooked and eaten as a leafy vegetable.

DESCRIPTION

A shrub.

HABITAT

It is a tropical plant.

REFERENCES

Termote, C., et al, 2011, Eating from the wild: Turumbu, Mbole and Bali traditional knowledge of non-cultivated edible plants, District Tshopo, DRCongo, Gen Resourc Crop Evol. 58:585-618

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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/940dcc4e-f33f-4aa3-9c89-67d88d88db42