PLANT FACT SHEET

Autranella congolensis (De Willd.) A. Chev.

GENUS *Autranella* **FAMILY** Sapotaceae

COMMON NAMES Ntiore, Uku

EDIBLE PARTS AND USES

Edible parts: Seeds - oil, Seeds

An edible oil is extracted from the seeds and used for cooking.

DESCRIPTION

A large tree. It grows to 40 m high. The trunk is straight and does not have branches until 30 m up. The leaves are in spirals and are at the ends of branches. The leaves are narrowly oval and 10-15 cm long by 4-5 cm wide. The flowers contain both sexes. The fruit is a fleshy berry 5-10 cm long. It is yellowish green and has a warty appearance. It has one or two seeds. The seed is about 4.5 cm long.

HABITAT

It is a tropical plant. It grows in evergreen rainforest. It suits humid locations.

PRODUCTION

Harvesting and Seed Production

Seedlings grow slowly. In Central African Republic flowers have been recorded in March. The fruit take 4-5 months to ripen.

REFERENCES

Bircher, A. G. & Bircher, W. H., 2000, Encyclopedia of Fruit Trees and Edible Flowering Plants in Egypt and the Subtropics. AUC Press. p 48

Burkill, H. M., 1985, The useful plants of west tropical Africa, Vol. 5. Kew.

Harris, D. J., 2002, The vascular plants of the Dzanga-Sangha Reserve, Central African Republic. National Botanic Garden of Belgium, 2002. – 274 pages p 194

http://aflora.africa.kyoto-u.ac.jp

Lemmens, R.H.M.J., 2007. Autranella congolensis (De Wild.) A.Chev. [Internet] Record from Protabase. Louppe, D., Oteng-Amoako, A.A. & Brink, M. (Editors). PROTA (Plant Resources of Tropical Africa / Ressources végétales de l'Afrique tropicale), Wageningen, Netherlands. < http://database.prota.org/search.htm>. Accessed 13 October 2009.

Terashima, H., & Ichikawa, M., 2003, A comparative ethnobotany of the Mbuti and Efe hunter-gatherers in the Ituri Forest, Democratic Republic of Congo. African Study Monographs, 24 (1, 2): 1-168, March 2003

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

PROVIDED BY **Food Plants International**

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

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/972762ce-dee7-4202-8820-f475f58470ab