PLANT FACT SHEET

Plukenetia conophora Mull. Arg.

GENUS *Plukenetia* **FAMILY** Euphorbiaceae

COMMON NAMES Awusa nut, African walnut

EDIBLE PARTS AND USES

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

The leaves, young shoots and fruit are eaten with rice. They are also dried.
The seeds are boiled or roasted and eaten. The skin is removed. They are also used for edible oil.

DESCRIPTION

A shrub or creeper. It can be 30 m long. It has many branches. The leaves narrow to the tip and are 18 cm long by 10 cm wide. The flowers are very small and white and grouped in clusters. The male flowers fall off leaving the female flowers. The fruit has 4 or 5 lobes. There are 4-5 large seeds. The seeds are eaten after roasting.

HABITAT

A tropical plant. It grows in secondary forest growing up tall trees.

PRODUCTION

Cultivation

Plants are grown from seed. It can be grown from stem cuttings.

Harvesting and Seed Production

The vine starts producing after 5 years. Nut production is seasonal. In Congo they are available August to October. The kernels can yield 50-60% oil.

REFERENCES

Awodoyin, R.O., Olubode, O.S., Ogbu, J.U., Balogun, R.B., Nwawuisi, J.U. and Orji, K.O., 2015, Indigenous Fruit Trees of Tropical Africa: Status, Opportunity for Development and Biodiversity Management. Agricultural Sciences, 6, 31-41

Billong Fils, P. E., et al, 2020, Ethnobotanical survey of wild edible plants used by Baka people in southeastern Cameroon. Journal or Ethnobiology and Ethnomedicine. 16:64 p 9 (As Tetracarpidium conophorum)

Burkill, H. M., 1985, The useful plants of west tropical Africa, Vol. 2. Kew.

Busson, 1965,

Dalziel, J. M., 1937, The Useful plants of west tropical Africa. Crown Agents for the Colonies London.

Danforth, R.M., & Boren, P.D., 1997, Congo Native fruits. Twenty-five of the best. Privately published. p 40

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 101

Fl. W. trop. Afr. 1:307. 1928

Flora 47:530. 1864 (As Plukenetia conophora)

Food Composition Tables for use in Africa FAO http://www.fao.org/infoods/directory No. 510

Grivetti, L. E., 1980, Agricultural development: present and potential role of edible wild plants. Part 2: Sub-Saharan Africa, Report to the Department of State Agency for International Development. p 32

Grubben, G. J. H. and Denton, O. A. (eds), 2004, Plant Resources of Tropical Africa 2. Vegetables. PROTA, Wageningen, Netherlands. p 565

Hart. T. B. and Hart, J. A., 1986, The Ecological Basis of Hunter-Gatherer Subsistence in African Rain Forests: The Mbuti of eastern Zaire. Human Ecology. Vol. 14, No. 1. pp 29-55

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

Ingram, V. & Schure, J. 2010, Review of Non Timber Forest Products (NTFPs) in Central Africa, Cameroon. Center for International Forestry Research (CIFR). p 34 (As Tetracarpidium conophorum)

Jardin, C., 1970, List of Foods Used In Africa, FAO Nutrition Information Document Series No 2.p 37, 106, 165

Kuhnlein, H. V., et al, 2009, Indigenous Peoples' food systems. FAO Rome p 261

Latham, P & Mbuta, A., 2017, Useful Plants of Central Province, Democratic Republic of Congo. Volume 2. Salvation Army p 212 (As Tetracarpidium conophorum)

Liengola, I. B., 2001, A contribution to the study of native edible plants by the Turumbu and Lokele of the Tshopo District, Province Orientale, D. R. Congo. Syst. Geogr. Pl. 71:687-698

Lykke, A. M., & Padonou, E. A., 2019, Carbohydrates, proteins, fats and other essential components of food from native trees in West Africa. Heliyon 5 e01744 (As Tetracarpidium conophorum)

Martin, F.W. & Ruberte, R.M., 1979, Edible Leaves of the Tropics. Antillian College Press, Mayaguez, Puerto Rico. p 192 (As Tetracarpidium commophorum)

Mawunu, M., et al, 2020, First Survey of the Edible Non-Wood Forest Products Sold in Uige Province, Northern Angola. European Journal of Agriculture and Food Sciences. Vol. 2, No. 6

Menninger, E.A., 1977, Edible Nuts of the World. Horticultural Books. Florida p 56

Menninger, E.A., 1977, Edible Nuts of the World. Horticultural Books. Florida p 53 (As Plukenetia conophora)

Meregini, O. A., 2005, Some endangered plants producing edible fruits and seeds in Southeastern Nigeria. Fruits, Vol. 60 pp 211-220

Mosango, M., Szafranski, F., 1985, Plantes sauvages à fruits comestibles dans les environs de Kisangani (Zaïre). In: Journal d'agriculture traditionnelle et de botanique appliquée, 32e année, pp. 177-190 (As Tetracarpidium conophorum)

Moutsambote, J., 1996, Vegetation forestiere et plantes alimentaires de la region de la Sangha. Chp. 11 of Bien Manger et Bien Vivre. ORSTOM p 119 (As Tetracarpidium conophorum)

Nkeoua, G. & Boundzanga, G. C., 1999, Donnees sur les produits forestieres non ligneux en Republique du Congo. FAO. p 38 (As Tetracarpidium conophorum)

Odoemelam, S. A., 2003, Chemical composition and functional properties of conophor nut (Tetracarpidium conophorum) flour International Journal of Food Science & Technology 38(6):729-734 - now Plukenetia conophora

Okigbo, B.N., Vegetables in Tropical Africa, in Opena, R.T. & Kyomo, M.L., 1990, Vegetable Research and development in SADCC countries. Asian Vegetable Research and development Centre. Taiwan. p 42

Peters, C. R., O'Brien, E. M., and Drummond, R.B., 1992, Edible Wild plants of Sub-saharan Africa. Kew. p 112

Terashima, H., et al, 1992, Ethnobotany of the Lega in the Tropical Rainforest of Eastern Zaire (Congo): Part Two, Zone de Walikale, African Study Monographs, Suppl. 19:1-60 (As Tetracarpidium conophorum)

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 (As Tetracarpidium conophorum)

Termote, C. & Van Damme, P., Wild Edible Plant Use in Tshopo District, DR Congo. Bioversity International. (As Tetracarpidium conophorum)

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

Full reference list (11 more) at https://www.echocommunity.org/en/resources/9a789048-4ab9-4766-8e6e-6dd4a7fdcfa5

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/9a789048-4ab9-4766-8e6e-6dd4a7fdcfa5