PLANT FACT SHEET

Terminalia megalocarpa Exell

GENUS *Terminalia* **FAMILY** Combretaceae

COMMON NAMES To'oma

EDIBLE PARTS AND USES

Edible parts: Fruit, Nuts, Seeds

The outer flesh of the fruit is edible.
The seeds are boiled, soaked and then boiled again.

DESCRIPTION

A tree which can be up to 40 m tall. The leaves are at the tips of twigs and tend to hang downwards. The leaf stalks are quite long (3-7 cm). The young plant parts have small hairs. The leaves are broadly oval and 9-18 cm long by 5-9 cm wide. They are wedge shaped at the base. The old leaves turn yellow. The flowers are 2 mm long. The fruit is large and 4-8 cm long. The fruit inside is thin shelled and the embryo inside has 3 or 4 twisted cotyledons. The flesh is green or yellow.

HABITAT

A tropical plant. It occurs in lowland forests.

NOTES

There are about 200-250 Terminalia species. They are tropical.

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/9aaf2c57-0e21-42dc-b3fa-1db3281f113c