PLANT FACT SHEET

Caryocar nuciferum L.

GENUS *Caryocar* **FAMILY** Caryocaraceae

COMMON NAMES Souari Nut, Butter Nut

EDIBLE PARTS AND USES

Edible parts: Seeds, Fruit, Oil, Nuts

The seeds or nuts are eaten raw. They are also roasted or cooked in salt water.
They yield an oil that is used for cooking. It is edible.
The oily yellow pulp of the fruit can be cooked and eaten as a vegetable.

DESCRIPTION

A tall tree. It grows 45 m tall. It has thick buttresses. The leaves have 3 leaflets. The end leaflet is 12-30 cm long by 6-18 cm wide. There are slightly rounded teeth along the edge. The flowers are in groups of 2-8. Flowers open at night. The flowers are very large and deep red. They have large numbers of yellow stamens. The fruit are 10-15 cm across. The nut is kidney shaped. It is about the size of a hen's egg. The nut is large, soft and sweet.

HABITAT

A tropical plant. It suits the humid tropical lowlands. It is a rainforest tree. The flowers are pollinated by bats at night.

PRODUCTION

Cultivation

Plants are grown by seeds.

Harvesting and Seed Production

Trees can fruit at 5 years of age. Often they fruit are 10-15 years.

NOTES

The Caryocaraceae occur in tropical America. There are 16 Caryocar species.

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