PLANT FACT SHEET

Irvingia robur Mildbr.

GENUS *Irvingia* **FAMILY** Irvingiaceae

EDIBLE PARTS AND USES

Edible parts: Seeds, Fruit

The seeds are eaten raw or roasted.

DESCRIPTION

A tree. It grows 35 m high. The leaves are alternate and simple. They are 11-25 cm long by 4-11 cm wide. The fruit are 7-10 cm long by 5-7 cm wide. There is a hard stone with one seed.

HABITAT

A tropical plant. It grows in rainforest on dry ground.

PRODUCTION

Harvesting and Seed Production

Fruit production is seasonal. In Congo fruit are available from September to January.

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