PLANT FACT SHEET

Cola natalensis De Wild.

GENUS *Cola* **FAMILY** Malvaceae

COMMON NAMES Common cola

EDIBLE PARTS AND USES

Edible parts: Leaves

DESCRIPTION

A small or medium sized tree. It grows 7-10 m high. The bark is grey. It is smooth and peels in small flakes. The young branches are hairy. The leaves are oval and 6-20 cm long by 1.5-6 cm wide. They are dark green. The leaf tapers to both ends. The leaf stalk is 2,5 cm long. The flowers are in clusters in the axils of leaves. The fruit is made up of 2-4 carpels each 4 cm long by 2.7 cm wide. They are leathery. The surface is rough and there are yellowish hairs.

HABITAT

A tropical plant. It grows in evergreen forest.

NOTES

Also put in the family Sterculiaceae.

REFERENCES

Jardin, C., 1970, List of Foods Used In Africa, FAO Nutrition Information Document Series No 2.p 68

Palgrave, K.C., 1996, Trees of Southern Africa. Struik Publishers. p 599

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/b54a797b-63eb-4772-9fe6-3fc54a1148bc