PLANT FACT SHEET

Pachira insignis (Sw.) Savigny

GENUS *Pachira* **FAMILY** Malvaceae

COMMON NAMES Maranhao nut, Trinidad pachira

EDIBLE PARTS AND USES

Edible parts: Seeds, Leaves, Flowers

The young leaves and flowers are eaten.
The kernels are eaten after roasting.

DESCRIPTION

A tree. It grows to 15-30 m high. The leaf has 5-7 leaflets. These are arranged like fingers on a hand. The leaves are large and papery. The flowers are pinkish. The flowers can be 30 cm across. The fruit stalk is thick and 3 cm long. The fruit is a capsule which is oval or pear shaped. It is rusty velvet. It is 18-30 cm long by 12-20 cm wide.

HABITAT

A tropical plant. In Brisbane Botanical Gardens.

PRODUCTION

Cultivation

Plants can be grown from seed.

NOTES

Also put in the family Bombacaceae. In the subfamily Bombacoideae.

PICTURES



Credit: Food Plants International (Bruce French)



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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/b6b18ce4-dcf3-42a8-8ffb-a64ec72d8dbf