



PLANT FACT SHEET

Pycnanthus angolensis (Welw.) Warb.

GENUS *Pycnanthus* FAMILY Myristicaceae

COMMON NAMES African nutmeg

EDIBLE PARTS AND USES

Edible parts: Seeds - spice, Leaves

An oil is made from the seeds but it is not edible.

The leaves are cooked as a vegetable.

DESCRIPTION

An large evergreen tree. It grows 35 m high. The trunk is 25 m tall and 1.6 m across. The main branches come out parallel to the ground, but high up. The leaves are alternate and simple. They are 20-30 cm long by 6-11 cm wide. The fruit are oval and 3-4 cm long by 2.5-3 cm wide. It opens in 2 valves. It has a red layer around the seed like nutmeg.

HABITAT

A tropical plant. It grows in wet forest with over 1,600 mm rainfall. It needs good sunlight. It is often along river banks. It is sensitive to drought. In Nigeria it grows to 1,200 m above sea level.

PRODUCTION

Cultivation

Plants are grown from seed, but seed are slow and irregular to grow. They should be sown fresh. They should be soaked in cold water for 24 hours. They may take 16-36 days to germinate.

Harvesting and Seed Production

It is fast growing.

NOTES

There are 3-4 *Pycnanthus* species.

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PROVIDED BY Food Plants International

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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