PLANT FACT SHEET

Gnetum nodiflorum Brongn.

GENUS *Gnetum* **FAMILY** Gnetaceae

COMMON NAMES Tauwa nut

EDIBLE PARTS AND USES

Edible parts: Seeds, Nuts

The seeds are eaten raw after the seed coat is removed. They are also roasted.
They can be ground into flour and then dried in the sun and fried into a cracker.

DESCRIPTION

A liana or vine. It climbs on trees and shrubs. The leaves are opposite. The plants are separately male and female. The flowers are arranged in tight spirals or spikes. The fruit is broadly oblong and 3.5 cm long by 2 cm wide. They are green and turn reddish-brown. The base is wedge shaped.

HABITAT

A tropical plant. It grows in light forest and savanna.

NOTES

There are about 28 Gnetum species.

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