PLANT FACT SHEET

# *Parinari montana* Aubl.

**GENUS** *Parinari* **FAMILY** Chrysobalanaceae

**COMMON NAMES** Mountain parinari

## EDIBLE PARTS AND USES

**Edible parts:** seeds, Nuts, Fruit

The seeds have the taste of almonds. They can be used to produce oil.

## DESCRIPTION

A tree. It grows 30-40 m tall. The trunk is 60 cm across. The leaves alternate and oval. They are hairy and woolly underneath. They taper to a tip at the end. The flowers are cream. The fruit is fleshy with a stone inside. The fruit are round or oval and 12-15 cm across.

## HABITAT

A tropical plant. It grows in the rainforest.

## PRODUCTION

### Cultivation

Plants are grown from seed.

### Harvesting and Seed Production

In the Amazon plants flower from June to November. A tree can produce 100-150 fruit.

## NOTES

There are about 50 Parinari species. They grow in the tropics.

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