PLANT FACT SHEET

Olea capensis L.

GENUS *Olea* **FAMILY** Oleaceae

COMMON NAMES Ironwood, Cape olive, East African olive

EDIBLE PARTS AND USES

Edible parts: Fruit

The ripe fruit are eaten.

DESCRIPTION

A tree. It grows 25-30 m high. Large trees have buttresses at the base. It can also be a bushy shrub. The bark is light grey but becomes dark and cracked. The leaves are green and shiny above and paler underneath. They are almost round and 3-10 cm long by 2-5 cm wide. The flowers are white or cream and have a sweet scent. They are in heads 3-15 cm long in the axils of leaves or at the ends of branches. The fruit are oval and 2 cm long by 1 cm wide. They are fleshy and purple when ripe. There are 3 subspecies.

HABITAT

It is a tropical plant. It grows in mixed evergreen forest. In Nigeria it is common at 1,600 m above sea level.

NOTES

There are about 20 Olea species.

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/d0101dec-0277-4a83-b9f1-15c1bf12dab9