PLANT FACT SHEET

Heisteria zimmereri Engl.

GENUS *Heisteria* **FAMILY** Erythropalaceae

EDIBLE PARTS AND USES

Edible parts: Seeds

DESCRIPTION

A shrub or small tree. It grows to 15 m high. It has a straight trunk 50 cm across. The leaves are alternate and oval. They taper to a long tip. The leaves are 10 cm long by 2-3 cm wide.

HABITAT

A tropical plant. It grows in primary forest in West Africa. It suits the wet tropics. It is often along stream banks and grows between 100-535 m above sea level.

NOTES

There are 33 Heisteria species in tropical America. Previously in the Olacaceae.

REFERENCES

Vivien, J., & Faure, J.J., 1996, Fruitiers Sauvages d'Afrique. Especes du Cameroun. CTA p 246

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

PROVIDED BY **Food Plants International**

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

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/d6d4dcea-2ed9-4b28-beb3-044f99511810