PLANT FACT SHEET

Torreya nucifera (L.) Siebold & Zucc.

GENUS *Torreya* **FAMILY** Taxaceae

COMMON NAMES Japanese Torreya, Japanese nutmeg

EDIBLE PARTS AND USES

Edible parts: Seeds, Nuts, Nuts - oil

The kernels of the nuts are eaten. They are eaten raw or roasted and used in confectionery.
An oil can be extracted from the kernels and eaten in cooking.

DESCRIPTION

A shrub or tree. It can grow 25 m tall. The branches are spreading. The small branches are reddish-brown. The leaves are dark and glossy green above and with blue white bands underneath. The leaves have a scent when crushed. The female cones are olive green. The kernel is edible.

HABITAT

It is a temperate plant. It suits hardiness zones 7-10.

NOTES

Also put in the family Cephalotaxaceae.

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PROVIDED BY **Food Plants International**

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