PLANT FACT SHEET

Cola lepidota K. Schum.

GENUS *Cola* **FAMILY** Malvaceae

COMMON NAMES Monkey cola (yellow)

EDIBLE PARTS AND USES

Edible parts: Fruit, seeds - aril

The fruit are peeled andeaten as a snack.
The white thick layer around the seed is eaten raw.

DESCRIPTION

A tree. It grows to 16 m high. The trunk is 20 cm across. The flowers are on lumps on the trunk.

HABITAT

A tropical plant. It grows in the lowland humid rain-forest in West Africa.

NOTES

Also put in the family Sterculiaceae.

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