PLANT FACT SHEET

Beilschmiedia mannii (Meisn.) Benth. et Hook.f.

GENUS *Beilschmiedia* **FAMILY** Lauraceae

COMMON NAMES Spicy cedar

EDIBLE PARTS AND USES

Edible parts: Seeds, Fruit unripe, Flowers - flavouring, Seeds - oil, Leaves

The flowers are used to flavour rice.
The fruit is eaten and is used in sauces.
The seeds are roasted and ground then eaten. It is added to soups and vegetables.
The seeds yield an edible oil.
The leaves are used in soup.

DESCRIPTION

A tree. It grows up to 10-35 m high. The trunk does not have branches for 20 m. The trunk is straight and 100 cm across. There are heavy root swellings near the base. The young branches are hairy. The leaves are 7-26 cm long by 4-10 cm wide. They are simple and alternate almost opposite. The leaves have a smell when crushed. The flowers are in a group 4-15 cm long in the axils of leaves. The flowers are small and green. The fruit is a narrow berry. It is 2-6 cm long by 2-3 cm wide.

HABITAT

A tropical plant. It grows in evergreen forest. It can grow in shade. It sometimes grows in marshy situations. In Nigeria it has been recorded at 1,500 m above sea level.

PRODUCTION

Cultivation

Plants are grown by seed. Seedlings are transplanted.

NOTES

There are about 100-250 Beilschmeidia species. They are in the tropics.

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