PLANT FACT SHEET

Caryocar amygdaliferum Mutis

GENUS *Caryocar* **FAMILY** Caryocaraceae

COMMON NAMES Sawarri nut

EDIBLE PARTS AND USES

Edible parts: seeds, Nuts, Fruit

The nut is eaten raw or roasted.

DESCRIPTION

A tall tree. It grows 55 m tall. The trunk has buttresses 3 m high. The bark is reddish. The leaves have 3 leaflets. There are teeth along the edge. The end leaflet is 8-12 cm long by 3-6 cm wide. Side leaflets are slightly smaller. The flowers are in clustered groups. They are greenish yellow. The fruit is oval and 6 cm long.

HABITAT

A tropical plant. It grows in forests along river valleys.

NOTES

The Caryocaraceae occur in tropical America. There are 16 Caryocar species.

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