PLANT FACT SHEET

Cola cordifolia (Cav.) R. Br.

GENUS *Cola* **FAMILY** Malvaceae

COMMON NAMES Mandingo kola

EDIBLE PARTS AND USES

Edible parts: Pulp, Fruit, Seeds aril, Seeds, Leaves

The seeds are chewed as a stimulant.
The pulp of the fruit is eaten.

DESCRIPTION

A large tree. It grows 15-25 m high. The trunk is short. It has buttresses. The branches occur low down and the crown is dense and spreading. The end branches have a rusty coating. The leaves are oval and 15-40 cm long by 10-35 cm wide. They are rounded at the tip and heart shaped at the base. The flowers are produces with the leaves. There are 2-4 flowering shoots on each stem and these are 3-12 cm long by 2-5 cm wide. The fruit are follicles 20 cm long, 17 cm high and 6 cm wide. The seeds are oblong and 3.5 cm long by 2 cm wide.

HABITAT

A tropical plant. It grows in the savannah in West Africa. It grows in woodland. It grows between 950-1,500 m above sea level.

NOTES

Also put in the family Sterculiaceae.

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