PLANT FACT SHEET

Tieghemella africana Pierre

GENUS *Tieghemella* **FAMILY** Sapotaceae

EDIBLE PARTS AND USES

Edible parts: Seeds - oil, Fruit

The pulp around the seeds is eaten raw.
The seeds are pounded and soaked and washed then boiled. The oil is eaten.

DESCRIPTION

A large tree. It grows to 50 m high. The trunk is 2.5 m across. The leaves are alternate and simple. They are 8-16 cm long by 4-7 cm wide. The fruit are oval and 7-10 cm across. There are 1-3 seeds per fruit. The seeds are about 5 cm long and 2-3 cm wide.

HABITAT

A tropical plant. It grows in dense forests near rivers.

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