PLANT FACT SHEET

Omphalea triandra Linn.

GENUS *Omphalea* **FAMILY** Euphorbiaceae

COMMON NAMES Jamaican cobnut

EDIBLE PARTS AND USES

Edible parts: Fruit, Seeds, Seeds - oil

The seeds are roasted and eaten after the embryo is removed.
The seeds yield an edible oil.

DESCRIPTION

A tree. It grows 15 m tall.

HABITAT

A tropical plant. It grows in wet woodlands on limestone. It grows up to 1,200 m above sea level.

NOTES

There are about 20 Omphalea species.

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/e900ecfe-f389-46d2-9bc5-b14d44f00aff