



PLANT FACT SHEET

Cola scheffleri K. Schum.

GENUS *Cola* FAMILY Malvaceae

EDIBLE PARTS AND USES

Edible parts: Fruit

The pulp of the fruit is sweet and is eaten raw.

The seeds contain caffeine and are chewed as a stimulant.

DESCRIPTION

An evergreen tree. It grows 8-20 m tall. The trunk can be 60 cm across. The crown is pyramid shape. The bark has small cracks. The leaves are simple and alternate. The leaf stalk is 4-10 cm long. The leaves are 8-23 cm long by 4-13 cm wide. They are oblong and heart shaped at the base. They taper to the tip. The flowers are as separate sexes in dense clusters on old wood. The soft pink sepals form softly hairy cups. These are 2 cm across. The fruit are as 2 orange brown leathery capsules. These are 6 cm long. There are a few large seeds.

HABITAT

It is a tropical plant. It grows in lowland forests. It is often along rivers and in humus rich soils.

PRODUCTION

Cultivation

Plants can be grown from seeds.

NOTES

Also put in the family Sterculiaceae.

REFERENCES

Lovett, J. C. et al, Field Guide to the Moist Forest Trees of Tanzania. p 170

Ruffo, C. K., Birnie, A. & Tengnas, B., 2002, Edible Wild Plants of Tanzania. RELMA p 214

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ONLINE FACT SHEET <https://www.echocommunity.org/en/resources/ffa7ddd7-2a99-41ea-b2a4-d326dc90641f>