



Common names

Malvaceae

Saba nut, Glabrous pachira,

Scientific name

Pachira glabra

Edible portion Seeds, Nuts, Vegetable, Leaves,

Description

A small tree. It grows 17 m high. The trunk is bright green. The leaves have 5-7 leaflets. The leaves have long leaf stalks. The flowers come out at night. They have light green strap-like petals. The stamen are white and curved. The fruit is a green capsule 12.5 cm long. It contains many large seed. It is like a cocoa pod. There are 10-24 seeds.

Distribution

A tropical plant. It is native to Central America. It grows on alluvial plains and lowland rainforests. It suits humid locations. In Townsville BG.

Found in:

Africa, Amazon, Angola, Australia, Brazil*, Central Africa, Central America, Congo DR, Guianas, Liberia, Mexico, Nigeria, North America, Pacific, Puerto Rico, Sao Tome and Principe, Sierra Leone, Solomon Islands, South America, St Lucia, West Africa, West Indies,

Use

The seeds are eaten fresh, boiled or roasted.

Cultivation

Plants are grown from seed. Cuttings or air-layering can also be used. The seeds are harvested from the fruit once they are open. Seeds are sown when fresh. They germinate in 5-10 days. The rate of germination is high. Seedlings can be transplanted into the field in 4 months.

Production

Plants grow quickly. They can be 3.5 m tall in 2 years.



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Nutritional Values

Pachira glabra

Edible Part	/100 g edible portion	Moisture %	Energy KJ	Energy Kcal	Protein g	Provit A µg	Vit C mg	Iron mg	Zinc mg
Seeds		66.0			34.1				



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... through the strategic use of God's amazing natural resources*

