



**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,

### **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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