

Picralima nitida

Scientific name: *Picralima nitida* (Stapf) T. Durand & H. Durand

Family: Apocynaceae.

Distribution and conservation status: Mainly found in lowland rainforests.

Common names: Akuamma, (English), Àbéré (Yoruba), Osi-igwe (Igbo).

Fruit/seeds: Large ellipsoid to ovoid woody fruits, 10–20 cm long, containing 10–20 large, flattened, angular seeds in pulp; seeds highly valued in traditional medicine.

Fruiting time: June - October.

Seed extraction method: Break open manually to remove seeds.

Types of seed: Orthodox.

Sowing method: Direct sowing.

Sowing medium: Forest topsoil and river sand.

Germination Period: 14-30 days

Germination percentage: 90% (90/100 x 100)

Planting: Young tree tolerates shade.

Growth and development: Small to medium-sized tree, up to 30 m tall with moderate growth rate, prefers moist, well-drained soils and partial shade during early growth, evergreen, with glossy opposite leaves and fragrant white flowers.

Notes: Widely used in traditional medicine.