

Scientific name: *Garcinia kola* Heckel.

Family: Clusiaceae.

Distribution/conservation status: widely distributed in the understorey of dense evergreen forest, especially in coastal areas. Vulnerable (VU) due to over-harvesting of wood for chew-sticks and fruits for medicinal use.

Common names: Bitter kola (English), Orogbo (Yoruba), Adi (Igbo), Gooro (Hausa).

Fruits/seeds: reddish-yellow, globose, with 2 – 4 brown, oblong seeds embedded in fleshy orange pulp.

Fruiting time: July – September.

Seed collection: fruits fall when ripe and are easily collected from under the parent tree. Cut open fruit lengthways with a knife to extract seeds.

Type of seed: recalcitrant.

Sowing method: cut a banana or plantain stem, place on the ground and cut half-way through longitudinally then insert seeds lengthways into the incision and keep closed for 56 days to break dormancy; when seeds start germinating, transfer to pots.

Sowing medium: forest soil.

Germination period: 56 days.

Germination percentage: 80 – 90%.

Growth/development: seedlings require complete shade and frequent watering; they can be planted out after 12 months in positions that ensure year-round shade and moisture.

Notes: seeds are viable for a short time only and must be sown immediately after extraction from the fruit.