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*Coula edulis*

**AFRICAN WALNUT** is a tree. Native to western Africa it has small, thick-petalled flowers. It is also known as *Bodwue* (Ghanaian), Gabon nut, and Gaboon nut.

*Edulis* is Latin (eatable).

The nuts yield a cooking oil.

Locally the walnut-like fruit form a significant part of the diet and are not only eaten boiled or roasted but are also buried in the ground and fermented.

In Ghana, particularly the part of it once known as the Gold Coast, the wood has long provided both timber for building and fuel.