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Pycnanthus angolensis

[Synonyms : *Myristica angolensis*, *Myristica kombo*, *Myristica microcephala*, *Pycnanthus kombo*, *Pycnanthus kombo* var. *angolensis*, *Pycnanthus mechowi*, *Pycnanthus microcephalus*, *Pycnanthus schweinfurthii*]

AFRICAN NUTMEG is a tree. Native to West Africa it has small, brownish-orange flowers.

It is also known as *Akomu* (Nigerian), *Antenli* (Ghanaian), *Atta-bini* (Ashanti), *Eteng* (Cameroonian, Gabonese), *Etsi* (Ghanaian), False nutmeg, *Gboyei* (Liberian, Sierra Leonean), *Ilomba* (Congolese, Ivorian, Liberian, Nigerian, Zairean), Kombo buttercup, *Lifondo* (Zairean), *Llomba* (Ghanaian), *Lolako* (Congolese, Zairean), *Lomba* (Congolese, Zairean), *Lunaba* (Ugandan), *Mukogoto* (Ugandan), *Munaba* (Ugandan), *Muno* (Ugandan), *Ongono* (Ugandan), *Otie* (Ashanti, Fanti, Ghanaian), *Oualele* (Ivorian), *Pycnanthus*, *Tika* (Ghanaian), and *Walele* (Ivorian).

The soft wood will float on water.

Oil can be extracted from the seeds.

Warning – some authorities have suggested that prolonged contact with the wood can cause nausea and vomiting.

Angolensis means ‘of or from Angola’.

For chimpanzees the tree is a veritable larder as they will eat the bark, inner bark, leaf shoots, flowers and the small, brownish-orange fruit.

The seeds themselves will burn like a candle, and the extracted seed oil is used for lighting and making soap in West Africa.

The sometimes yellowish-marked, whitish- to pinkish-brown wood has been used for joinery, shingling and parts of furniture, as well as for the manufacture of plywood.

African nutmeg has featured on a postage stamp issued by Gabon.

Medicinally, local herbalists (especially in Ghana and southern Nigeria) have used the stem juice to treat oral disorders. Some medical research has indicated that the tree contains a drug which could be helpful in treating a form of diabetes.