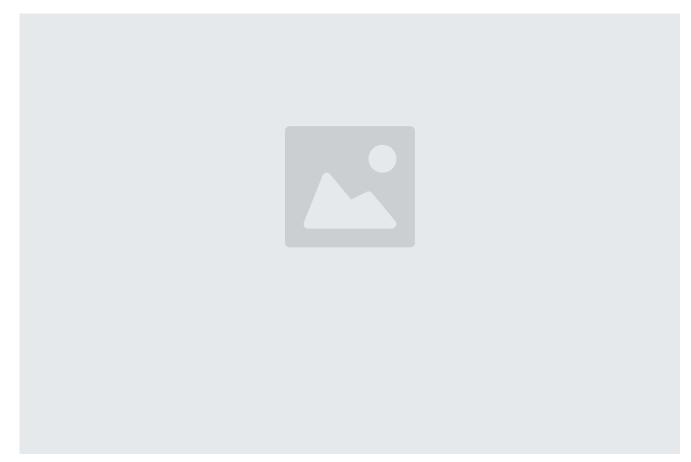
# Kola Nuts

<u>Phytopedia</u>

**NUTS** 



Kola Nuts is also called Coca Cola and it fights fatigue

## **GEEK TALK**

Cola acuminata

### **BUT WE TALK**

Kola Nuts

#### **DID YOU KNOW?**

In the 1800s a Georgia pharmacist named John Pemberton mixed kola with cocoa, sugar and other ingredients to create the first cola soft drink.

His accountant called it coca-cola. Today it seems cola is no longer used in the typical recipe for the making of coca-cola.

Kola is a caffeine-containing nut which is known for its bitter flavor. It grows on an evergreen tree typically to around 65 feet high and the tree produces purple-spotted yellow flowers with star-shaped fruit.

The seeds which are the edible nut, are square and contained within a white shell. The nut is said to have a rose-like aroma and is chewed and enjoyed by many.

#### KITCHEN PHARMACY

- Kola nuts can be chewed to help fight both fatigue and hunger.
- In addition, it has been used to treat whooping cough and asthma.
- Lastly, kola nuts are believed to promote good prostate health and has been linked to weight loss.

#### **GEOGRAPHICAL DISTRIBUTION**

Native to the tropical rainforests in Africa, kola has long been held in high regard and sometimes even a sacred object by many Africans. Kola has long been used in traditional spiritual practices in Western Africa.

