

Kola Nuts

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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.

