

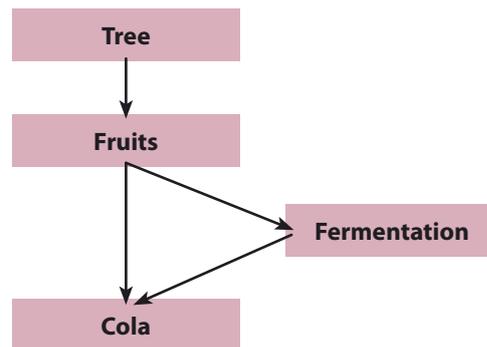
# COLA (*Cola acuminata*)



The Cola tree can reach up to 25 meters high and 50 cm in diameter. Its germination can reach 2 to 3 months at a fast rate.

## Processing

Processing of Cola is done in a number of stages:



By their colors, one can distinguish two kinds of Cola: red and white. Within each type, they differ by size, taste and consistency (texture). In Cameroon, the Cola tree produces from July to August.

The most known Colas and the most consumed in Cameroon are indicated in the table below:

**Table 1:** Names, colors and the number of cotyledons of Colas sold on markets in Cameroon

Cola	Bamiléké	Bafia	North
<b>Color</b>	Rose, white	Dark red, white	Red, white
<b>No. of cotyledons</b>	[3, 6]	[3, 6]	2

## Harvest

Cola is harvested from forests, cacao-plantations and from domesticated cola trees. However, there is no exclusive Cola plantation. Trees are planted here and there especially in cacao-plantations and coffee plantations. The Cola nut can be directly obtained after harvest; the fruit is fermented so that the skin surrounding the core (edible part) rots and is easily removed.

## Consumption

In addition to its medicinal value, Cola plays a significant social role in Cameroon. Among Moslems from the north, Cola is sacred. In other communities, in particular the Bamiléké, Cola is a sign of love and friendship. Furthermore, Cola is consumed in ceremonies in particular dowry ceremonies, 'tontines', funerals, wake-keepings, etc.

Some people consume Cola to reduce tiredness, hunger and to stay awake. Others consume it for its stimulant effect. Cola from the north is also used to tint clothing. Cola is also used in breweries (Nkongmeneck, 1985).



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# COLA (*Cola acuminata*)



## Use

Cola nut contains two alkaloids: caffeine and theobromine. These elements are stimulants that fight tiredness, reduce hunger and thirst, and are thought to improve intellectual activity. Cola is sought for by pharmaceutical industries for the alkaloid it contains, which is used in the production of certain drugs.

## Preservation

There are no modern preservation methods for Cola. Termites and tobacco are often used to preserve Cola. In addition to traditional preservation methods, some producers and traders use chemicals .

## Local name

Cola is called differently by different tribes:

Tribe	Local name
Ewondo	Abeu
Boulou	Abel

## Marketing

Cola is sold on national and external markets. On external markets, it is mainly sold in Chad, in CAR and in Nigeria. Cameroon imports Cola from Nigeria, after which it is sent to the North of the country (where there is high consumption) and outside the country, Cola is collected in Fouban, Bafoussam and Douala, the main transit centers.

Cola is sold in all local markets. It is also sold in small shops and in bars. Like other NTFPs, the market chain is long. The average price of cola was 610 CFAF per kg in 1998.