How to harvest and process bitter kola

Bitter kola trees are so tall and when the fruits get ripe, the fruits change color to red or orange depending on the variety. Bitter kola is harvested by plucking the fruits off the tree or left to naturally fall off the tree before processing. Bitter kola is of two varieties; one that is red when ripe and the other is light red/ orange when ripe.

Bitter kola processing

The first step in processing is breaking the fruit open to remove the seeds. The seeds are put in a sac bag. The remains of the fruits after removing the seed can be used as fertilizer in the garden.
Bitter kola cures ailments like cold and cough and seeds are used to cure inflammatory disorders such as arthritis.
Leave the bitter kola seeds in the sac and cover. Leave them to stand for about 3 to 4 days.
After 4 days, wash off to remove the seeds to get the bitter kola.