PLANT FACT SHEET

Commiphora habessinica (O. Berg.) Engl.

GENUS *Commiphora* **FAMILY** Burseraceae

COMMON NAMES Abyssinian myrrh

EDIBLE PARTS AND USES

Edible parts: Fruit, Sap, Root, Stem, Flavouring

The ripe fruit are eaten. (Unripe fruit are bitter and can cause vomiting.)
The stems and roots are sweet and are chewed.
The resin is used as a spice or flavouring.

DESCRIPTION

A shrub or small tree. It grows 6 m tall. It loses its leaves during the year. Plants are separately male and female. There are 2 subspecies.

HABITAT

It is a tropical plant. It is often on soils from limestone materials. In Africa it grows between 150-1,900 m above sea level. It grows in areas with an annual rainfall between 100-900 mm. It can grow in arid places.

NOTES

It yields a myrrh gum.

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