PLANT FACT SHEET

Parinari capensis Harv.

GENUS *Parinari* **FAMILY** Chrysobalanaceae

COMMON NAMES Sand apple, Dwarf mabolo

EDIBLE PARTS AND USES

Edible parts: Seeds, Fruit, Drink

The sweet outer layer of the fruit is eaten. It is buried in the sand to become ready to eat.
It can be dried and eaten as a soft cake.
It is also used to make beer.
Juice of the fruit can be drunk fresh or boiled to a firm consistency.
The crushed kernels are eaten as a relish with meat.

DESCRIPTION

A shrub. It has underground stems. These are woody and up to 1 cm thick. This forms a branching network. Aerial stems arise from these. These can be 20 cm high. There are a few erect leaves. The leaf blade is sword shaped and 8 cm long by 1.5 cm wide. The lower surface has a white felt. The flowers are in loose clusters. They are cream coloured. The fruit is oval and fleshy. They are 1.8 cm long and have one seed. The fruit has a strong smell.

HABITAT

A tropical plant. It grows amongst rocks and in sand and clay soils. It can be in seasonally flooded grassland. It grows between 900-1,200 m above sea level. In Zimbabwe it grows between 1,200-1,600 m above sea level. It can grow in arid places. It grows in poor savannah soils.

PRODUCTION

Cultivation

Plants are grown from seeds. The ripe fruit are buried and the flesh allowed to rot,. Then the seed is put in boiling water that is then allowed to cool and soak for 12 hours. Root suckers can also be used.

NOTES

There are about 50 Parinari species. They grow in the tropics.

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