PLANT FACT SHEET

Irvingia tenuinucleata Tiegh

GENUS *Irvingia* **FAMILY** Irvingiaceae

COMMON NAMES Bitter bush mango

EDIBLE PARTS AND USES

Edible parts: Fruit, Seeds, Seeds - oil

The seeds are removed and pounded into a paste and eaten with greens and other sauces.
The dried seeds are used in soups.
The fruit is bitter and slimy but is occasionally used to thicken soups.

DESCRIPTION

A tree. It grows 25 m tall. The trunk is 80 cm across. It has buttresses 2 m high. The crown is dense and round. The leaves are alternate and simple. The leaf blade is 10-14 cm long by 4-6 cm wide. The flowers are in a group 9 cm long in the axils of leaves and are yellow. The fruit is fleshy and oval. It is 5-8 cm long by 4-5 cm wide. They are green but turn yellow when ripe. The pulp is yellow and soft. There is a woody stone with one seed.

HABITAT

A tropical plant. It grows in dryland forest with a rainfall above 1,500 mm per year.

PRODUCTION

Cultivation

Plants are usually grown from seed. Fresh seed is used. Seed lose their viability after one month.

Harvesting and Seed Production

Fruit production is seasonal. Fruit are usually harvested from the ground.

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