PLANT FACT SHEET

Boswellia sacra Flueck.

GENUS *Boswellia* **FAMILY** Burseraceae

COMMON NAMES Frankincense

EDIBLE PARTS AND USES

Edible parts: Resin, Oil, Roots

The resin is chewed or made into an oil used to flavour candy, baked goods, ice cream and drinks.
The skin is taken off the roots and they are eaten raw or used for drinks.

DESCRIPTION

An evergreen tree. It grows 2-5 m tall and spreads 1-3 m wide. The bark is papery and peeling. The tree produces resin. The leaves are divided into leaflets along the stalk and occur in clusters. The flowers are small and creamy white. They have 5 petals. The fruit is a 3-5 angled red-brown capsule.

HABITAT

A tropical plant. It needs a temperature above 10-15°C. In Africa it grows below 1,230 m above sea level. It grows in areas with an annual rainfall between 100-500 mm. It can grow in arid places.

PRODUCTION

Cultivation

Plants can be grown by semi-ripe cuttings.

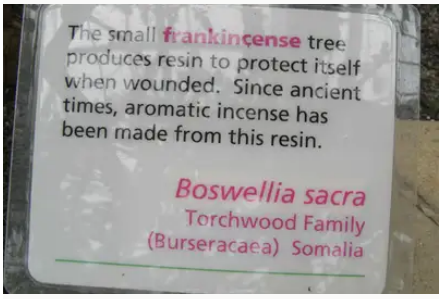
NOTES

It is the frankincense mentioned in the Bible.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/29b48bc3-bc32-4049-ac3c-55c687e9c577