PLANT FACT SHEET

Irvingia gabonensis (Aubry-Lecomte ex O'Rorke) Baill.

GENUS *Irvingia* **FAMILY** Irvingiaceae

COMMON NAMES Bread tree, African wild mango, Bush mango

EDIBLE PARTS AND USES

Edible parts: Seeds, Fruit, Leaves, Bark - drink, Seeds - oil

The seed provides oil used in cooking. It is used to make Gabon chocolate or Dika bread.
The kernels are ground and eaten in dishes of mixed vegetables.
The kernels are extracted from the stones then roasted. They are then pounded and poured into a mould. This cheese is then scraped and added to boiling meat or vegetables. It is like a relish, especially for plantain bananas.
The pulp of the fruit is eaten fresh.
The leaves are used for a sticky sauce.

DESCRIPTION

A tree. It grows to 40 m high. The trunk is 1 m across. It has narrow buttresses. The bark is light grey and smooth. The leaves are simple and alternate. They are 3.5-16 cm long and 2-8 cm wide. The flowers are small and yellowish-green among the leaves. They have a scent. The fruit are 10-13 cm long and 3-4 cm wide. The fruit has a thick covering and one seed.

HABITAT

A tropical plant. It grows in the humid forest zone in central Africa. It grows below 1,000 m altitude. It grows in areas with a rainfall of 1,500-3,000 mm per year. The temperatures are between 25°-32°C.

PRODUCTION

Cultivation

Plants are grown from seed. Seeds germinate in about 14 days. It can be grown from stem cuttings under mist. Plants can be budded.

Harvesting and Seed Production

Young trees are slow growing. Fruit are usually harvested from the ground.

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