PLANT FACT SHEET

Garcinia livingstonei T. Anderson

GENUS *Garcinia* **FAMILY** Clusiaceae

COMMON NAMES African mangosteen

EDIBLE PARTS AND USES

Edible parts: Fruit, Leaves, Gum, Seeds

The fruit can be eaten fresh. They are also cooked with porridge. They are also used in ice cream, jam and drinks.
They are used to make an alcoholic drink. It develops a purple colour. Caution: Alcohol is a cause of cancer.

DESCRIPTION

A slow growing evergreen shrub. It can grow to 5-10 m high and spread to 5 m wide. It has a twisted trunk. Most branches come out at right angles to the stem. The leaves are tough and leathery. They are 10-15 cm long and with white veins. They are glossy and dark green. The leaves come out in whorls of three. Fruit are about 5 cm across. They have a thin skin, are bright orange and usually have 2 seeds inside. There is a layer of orange pulp around these large seeds. The flesh is edible. The fruit grow on mature wood.

HABITAT

It is a tropical plant. It grows in the hot dry tropical lowlands. Trees grow best on acid soils. They have good salt tolerance. The leaves are wind resistant. Established trees are drought resistant but for best fruit production regular watering is needed. Trees are cold hardy. Trees can survive temperatures down to -3°C. Trees grow best with plenty of sunlight. They grow naturally in open woodland often under the shelter of larger trees. It grows in Miombo woodland. In Zimbabwe it grows up to 1,050 m above sea level. It does best with a pH of 5.5-7. It can grow in arid places. It suits hardiness zones 9-12. In Cairns BG.

PRODUCTION

Cultivation

As male and female flowers occur on separate trees both male and female trees must be planted. A male tree can be grafted onto a female. Trees can be grown from seed but these take 5-6 years to reach fruiting age. Earlier fruiting can be achieved by grafting onto established rootstocks. Zinc deficiency is more common on alkaline soils. Trees can be grown by air-layering.

Harvesting and Seed Production

Trees grow slowly. Seedling trees can take 5-6 years until fruiting. Grafted trees can fruit in 3 years. The fruit take 28 days until ripe after fruit set. Fruit are harvested when fully ripe and do not store well.

NOTES

The leaves and flowers have proven antibiotic activity. The fruit leave lasting stains. There are about 300 Garcinia species.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

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