PLANT FACT SHEET

Allanblackia floribunda Oliv.

GENUS *Allanblackia* **FAMILY** Clusiaceae

COMMON NAMES Tallow tree, Vegetable tallow tree

EDIBLE PARTS AND USES

Edible parts: Seeds, Fruit, Leaves, Oil

The fat of the seeds is eaten. It can be used to make margarine. The fruits slimy pulp can be made into jams and jellies.
The seeds are roasted and eaten.

DESCRIPTION

A tree up to 30 m tall. The trunk is straight. The bark is dark brown. The branches are slender and drooping. They are often in rings. The leaves are 10-25 cm long and 3.5-7.5 cm wide. They are rounded at the base and taper to the tip. The flowers are large and white, pink or red. They have a fragrant smell. The fruit are sausage shape pods 45 cm long and 12 cm across. They hang on the ends of short branches. They taper towards each end. They are brown and roughly fleshy with grooves along them. They contain up to 50-100 red-brown seeds. The seeds are about 4 cm by 2 cm and irregular in shape. They have flattened surfaces. The seeds are in a pink pulp.

Some now put this in Garcinia.

HABITAT

It is a tropical plant. It occurs in Sierra Leone, Cameroon, Congo and Uganda. It grows in forest.

PRODUCTION

Cultivation

It is best grown vegetatively. Leafy stem cuttings can be used but it may take 25 weeks before significant roots form. Plants can be grown from seed but the germination rate is low and trees take a long time to fruit. Both male and female trees are needed.

Harvesting and Seed Production

The kernel is about 62% of the seeds by weight.

NOTES

There are 10 Allanblackia species. Guttiferae/Clusiaceae are mostly confined to the tropics and subtropics.

REFERENCES

Atangana, A. R., 2010, Phenotypic Diversity in Fruit and Seed Traitsand Neutral Genetic Diversity in Allanblackia floribunda. PhD thesis, Quebec

Burkill, H. M., 1985, The useful plants of west tropical Africa, Vol. 5. Kew.

Busson, 1965,

Crockett, S. L., 2015, Allanblackia Oil: Phytochemistry and Use as a Functional Food. Int. J. Mol. Sci. 2015, 16, 22333-22349

Dalziel, J. M., 1937, The Useful plants of west tropical Africa. Crown Agents for the Colonies London.

Fobane, J. L., et al, 2014, Population structure and natural regeneration of Allanblackia floribunda Oliv. (Clusiaceae) in a forest concession of East Cameroon. J. Bio. & Env. Sci. 4(2): 403-410

Harris, D. J., 2002, The vascular plants of the Dzanga-Sangha Reserve, Central African Republic. National Botanic Garden of Belgium, 2002. – 274 pages p 96

Hwang, L. C., et al, 2020, Traditional Botanical Uses of Non-Timber Forest Products (NTFP) in Seven Counties in Liberia. ACS Symposium Series; American Chemical Society: Washington, DC, 2020.

Ingram, V. & Schure, J. 2010, Review of Non Timber Forest Products (NTFPs) in Central Africa, Cameroon. Center for International Forestry Research (CIFR). p 34

Jardin, C., 1970, List of Foods Used In Africa, FAO Nutrition Information Document Series No 2.p 38

J. Linn. Soc., Bot. 10:43. 1867

Keay, R.W.J., 1989, Trees of Nigeria. Clarendon Press, Oxford. p 104

Latham, P. & Mbuta, A. K., 2014, Useful Plants of Bas-Congo Province, Democratic Republic of Congo. Volume 1. p 35

Latham, P. & Mbuta, A. K., 2017, Plants of Kongo Central Province, Democratic Republic of Congo. Volume 1. 3rd ed p 39

Menninger, E.A., 1977, Edible Nuts of the World. Horticultural Books. Florida p 46

Moutsambote, J., 1996, Vegetation forestiere et plantes alimentaires de la region de la Sangha. Chp. 11 of Bien Manger et Bien Vivre. ORSTOM p 119

Nkeoua, G. & Boundzanga, G. C., 1999, Donnees sur les produits forestieres non ligneux en Republique du Congo. FAO. p 20

Peters, C. R., O'Brien, E. M., and Drummond, R.B., 1992, Edible Wild plants of Sub-saharan Africa. Kew. p 83

Vivien, J. & Faure, J.J., 1985, Abres des forets dense d'Afrique Centrale. Agence de Cooperation Culturelle et Technique. Paris. p 212

Vivien, J., & Faure, J.J., 1996, Fruitiers Sauvages d'Afrique. Especes du Cameroun. CTA p 119

Wickens, G.E., 1995, Edible Nuts. FAO Non-wood forest products. FAO, Rome. p 131

Wiersema, J. H. & Leon, B., 2013, World Economic Plants. A Standard Reference CRC Press. 2nd Ed. p 32

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

www.worldagroforestrycentre.org/treedb/

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/4fda87a0-90c1-40da-9237-5c0a2d84df68