PLANT FACT SHEET

Commiphora edulis subsp. boiviniana (Klotzsch) Engl., (Engl.) J. B. Gillett

GENUS *Commiphora* **FAMILY** Burseraceae

EDIBLE PARTS AND USES

Edible parts: Fruit, Seeds, Shoots

The ripe fruit are cooked (boiled) and eaten. They are also dried.

DESCRIPTION

A shrub or tree.

HABITAT

It is a tropical plant. It grows between 2-1,400 m above sea level. It grows in woody shrubland. It grows in places where the rainfall is between 350-900 mm per year. It can grow in arid places.

REFERENCES

Asfaw, Z. and Tadesse, M., 2001, Prospects for Sustainable Use and Development of Wild Food Plants in Ethiopia. Economic Botany, Vol. 55, No. 1, pp. 47-62 (As Commiphora boiviana)

Asfaw, A., et al, 2023, Ethnobotanical study of wild edible plants and implications for food security. Trees, Forests and People. 14 (2023) 100453 p 9 (As Commiphora boiviniana)

East African Herbarium notes, 1981, (As Commiphora boiviana)

Ichikawa, M., 1980, The Utilization of Wild Food Plants by the Suiei Dorobo in Northern Kenya. J. Anthrop. Soc. Nippon. 88(1): 25-48 (As Commiphora boiviniana)

Lulekal, E., et al, 2011, Wild edible plants in Ethiopia: a review on their potential to combat food insecurity. Afrika Focus - Vol. 24, No 2. pp 71-121 (As Commiphora boiviana)

Mutie, F. M., et al, 2023, Important Medicinal and Food Taxa (Orders and Families) in Kenya, Based on Three Quantitative Approaches. Plants 2023, 12, 1145

Peters, C. R., O'Brien, E. M., and Drummond, R.B., 1992, Edible Wild plants of Sub-saharan Africa. Kew. p 72 (As Commiphora boiviana)

Royal Botanic Gardens, Kew (1999). Survey of Economic Plants for Arid and Semi-Arid Lands (SEPASAL) database. Published on the Internet; http://www.rbgkew.org.uk/ceb/sepasal/internet [Accessed 4th April 2011]

Termote, C., et al, 2014, Assessing the potential of wild foods to reduce the cost of a nutritionally adequate diet: An example from eastern Baringo District, Kenya. Food and Nutrition Bulletin, vol. 35, no. 4 (As Commiphora boiviniana)

Woldemedhin, A. A., et al, Ethnobotanical study of edible wild plants in Ensaro district, Amhara regional state, Ethiopia. Research Square p 9 (As Commiphora boiviniana)

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/72d1c026-dcda-4ee5-8bc3-ae47055f2838