PLANT FACT SHEET

Boswellia frereana Birdw.

GENUS *Boswellia* **FAMILY** Burseraceae

COMMON NAMES Coptic frankincense, African elemi

EDIBLE PARTS AND USES

Edible parts: Sap, Gum

The resin is chewed.

DESCRIPTION

A small tree. The bark is peeling. It has a sticky aromatic resin. The flowers have 5 petals. The fruit is a capsule. It is brown and has a small brown nutlet inside.

HABITAT

It is a tropical plant.

PRODUCTION

Cultivation

Plants can be grown from cuttings.

NOTES

There are 24 Boswellia species.
It has anti-inflammatory properties against osteoarthritis.

REFERENCES

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/b694f46e-932c-48b7-9721-d554f54a28dd