PLANT FACT SHEET

Parinari curatellifolia Planch. ex Benth.

GENUS *Parinari* **FAMILY** Chrysobalanaceae

COMMON NAMES Mobola plum

EDIBLE PARTS AND USES

Edible parts: seeds, fruit, Nuts, Leaves - medicine, Seeds - oil

The fruit are eaten. The fruit are gathered after they fall. The skin and seeds are discarded but the pulp eaten. The fruit are cooked and used to make drinks - both intoxicating and non intoxicating.
The seeds are used for flavouring and as raw nuts. They are also pounded for soup.

DESCRIPTION

A tree that grows up to 12-20 m tall. The trunk is clean. The bark is rough and fire resistant. The young branches are hairy. The leaves are simple and oblong. They are 4-11 cm long by 2-5 cm wide. They narrow towards the base. The upper surfac e is shiny dark green and the lower surface is dull and covered with felt. The veins are conspicuous and run straight to the edge of the leaf. The flower buds occur in sprays at the ends of the branches. The flowers are pale green and have a strong sweet scent. The fruit are 2.5-4 cm long. They are olive green covered with rough grey spots. They become yellowish-red when ripe. The flesh of the fruit clings to the kernel. The fruit are edible. There are 2 subspecies.

HABITAT

A tropical plant. It is native to tropical Africa. It is common on sandy soils and in open deciduous woodland. It is very sensitive to frost and cold. It grows in areas with an annual rainfall between 700-1,500 mm. It is often in poorly drained soils with a high water table. Plants can re-grow after fire. It grows in areas between sea level and 2,100 m above sea level. It can grow in arid places. It grows in Miombo woodland in Africa.

PRODUCTION

Cultivation

Plants can be grown from seeds. Seeds should be collected fresh from fruit on the tree. The flesh is removed and the seeds dried in the shade. The seeds are sown shallowly. The seedlings need to be transplanted carefully to avoid damage to the taproot. They can be transplanted after 2 years.

Harvesting and Seed Production

Trees from seed can reach 3.9 m after 9 years. Fruit production often only occurs every second year. Fruit matures in 250 days.

NOTES

There are about 50 Parinari species. They grow in the tropics.

PICTURES



Credit: Food Plants International (Bruce French)

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Full reference list (52 more) at https://www.echocommunity.org/en/resources/b847d796-a7c9-412f-9d2b-c93dae003a3f

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