PLANT FACT SHEET

Garcinia gummi-gutta (L.) Roxb.

GENUS *Garcinia* **FAMILY** Clusiaceae

COMMON NAMES Malabar tamarind

EDIBLE PARTS AND USES

Edible parts: Fruit, Leaves, Seeds-fat, Skin rind - spice

It is used in Asian cooking to give acid flavours. The rind is dried and used to sour tamarind like condiments for fish dishes and curries.
The leaves are used as a substitute for tamarind.
The fruit are also pickled. The fruit is used as juice.
The seeds yield an edible fat.

DESCRIPTION

A tree. It grows 14 m high. The leaves are sword shaped and 13 cm long. Male and female flowers are separate. Male flowers are yellow and in groups of 3-4 in the axils of leaves. The female flowers are larger and in the axils of leaves near the ends of branches. The fruit is orange coloured and segmented. It is about 5-7 cm across. It has a thin, smooth skin. The pulp is yellow and sweet. There are 6-8 seeds.

HABITAT

It is a tropical plant. It suits the hot, wet, tropical lowlands. In Sri Lanka it grows up to 500 m above sea level.

PRODUCTION

Cultivation

Plants can be grown from fresh seeds. The hard seed coat needs to be broken. Seeds should be soaked in water before planting.

Harvesting and Seed Production

In southern India plants fruit April to May. In Northeastern India fruit are available May to July.

NOTES

There are about 300 Garcinia species.

PICTURES



Credit: Food Plants International (Bruce French)

REFERENCES

Ambasta, S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 229

Arora, R. K., 2014, Diversity in Underutilized Plant Species - An Asia-Pacific Perspective. Bioversity International. p 73

Bhatt, D., Chandra Sekar, K. and Kumar, K., 2020, Tree Diversity of Indian Himalayan Region. G.B. Pant National Institute of Himalayan Environment, Almora, Uttarakhand, India. p 39 (As Garcinia affinis)

Biswas, S. C., et al, 2018, Diversity of wild edible minor fruits used by the ethnic communities of Tripura, India. Indian Journal of Traditional Knowledge. Vol 17(2), April 2018, pp 282-289

Burkill, I.H., 1966, A Dictionary of the Economic Products of the Malay Peninsula. Ministry of Agriculture and Cooperatives, Kuala Lumpur, Malaysia. Vol 1 (A-H) p 1063

Chandrashekara, U. M., 2009, Tree species yielding edible fruit in the coffee-based homegardens of Kerala, India: their diversity, uses and management. Food Sec. 1:361-370

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 79

Flowerdew, B., 2000, Complete Fruit Book. Kyle Cathie Ltd., London. p 161

Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 322

J. B. A. P. M. de Lamarck & L. A. J. Desrousseaux, Encycl. 3:701. 1792 - an illegitimate, superfluous name (ICBN Art. 52)

Jose, D. T. & Sasidharan, N., 2016, Checklist of wild edible plants of Aralam Wildlife sanctuary, Kerala, India. South Indian Journal Of Biological Sciences 2016; 2(1); 141–144

Macmillan, H.F. (Revised Barlow, H.S., et al) 1991, Tropical Planting and Gardening. Sixth edition. Malayan Nature Society. Kuala Lumpur. p 300

Martin, F. W., et al, 1987, Perennial Edible Fruits of the Tropics. USDA Handbook 642 p 28 (As Garcinia cambogia)

Nandini, N., et al, 2015, Wild Vegetables in Food Security of Tribal and Rural Population of Karnataka, Journal of Science 5(2):102-110

Narayanan, M. K., R., et al, 2011, Ethnobotanically important trees and their uses by Kattunaikka tribe in Wayanad Wildlife Sanctuary, Kerala, India. Journal of Medicinal Plants research. 5(4): 704-612

Nazarudeen, A., 2010, Nutritional composition of some lesser-known fruits used by the ethnic communities and local folks of Kerala. Indian Journal or Traditional Knowledge. Vol. 9(2): 398-402

Rajapaksha, U., 1998, Traditional Food Plants in Sri Lanka. HARTI, Sri Lanka. p 108 (As Garcinia cambogia)

Ramachandran, V.S. and Nair, V.J., 1981, Ethnobotanical studies in Cannanore District, Kerala State (India). J Econ. Tax. Bot. Vol 2 pp 65-72

Ramachandran,V. S., & Udhayavani, C., 2013, Knowledge and uses of wild edible plants by Paniyas and Kurumbas of Western Nilgiris, Tamil Nadu. Indian Journal of Natural Products and Resources. 4(4) December 2013, pp 412-418

Ravikrishna, S., 2011, Ethno-medico-botanical survey on Wild Edible fruits of Udupi Taluq, Udupi p 75

Seidemann J., 2005, World Spice Plants. Economic Usage, Botany, Taxonomy. Springer. p 161 (As Garcinia cambogia)

Singh, H.B., Arora R.K.,1978, Wild edible Plants of India. Indian Council of Agricultural Research, New Delhi. p 76

Solomon, C., 2001, Encyclopedia of Asian Food. New Holland. p 2, 165

Tyagi, R. K., et al, 2004, Conservation of Spices Germplasm in India. Indian J. Plant Genet. Resour. 17(3): 163-174 (As Garcinia cambogia)

Ulian, T., et al, 2020, Unlocking plant resources to support food security and promote sustainable agriculture. Plants, People, Planet. 2020;2:421–445.

Vizhi, M.M., et al, 2020, Studies on Wild Edible Plants consumed by the tribes of Kanyakumari Wild Life Sanctuary, India. Plants Archives Vol 20(2) pp 6503-650

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

www.worldagroforestrycentre.org/treedb/

Yesodharan, K. & Sujana, K. A., 2007, Wild edible plants traditionally used by the tribes in the Parambokulam Wildlife Sanctuary, Kerala, India. Natural Product Radiance 6(1) pp 74-80

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/be2ef89b-c306-4ae8-9b67-b5da46210983