PLANT FACT SHEET

# *Parinari excelsa* Sabine

**GENUS** *Parinari* **FAMILY** Chrysobalanaceae

**COMMON NAMES** Rough skinned plum, Guinea plum

## EDIBLE PARTS AND USES

**Edible parts:** Nuts, Fruit, seeds, Seed - oil

The unripe fruit are eaten after long preparation.
The ripe fruit can be eaten or cut up and dried and boiled with peanut sauce.
They are also fermented.
The kernel is roasted and then mixed with other foods.
The bark is roasted and used to flavour palm wine.

## DESCRIPTION

A large evergreen tree. It grows to 50 m high. The trunk is 1.5 m across. It has buttresses. The branches have a cottony covering. The leaves are alternate and simple. They are 5-10 cm long by 2.5-5 cm wide. The flowers are pink and white. They have a sweet smell. Fruit are oval and 6 cm long by 4 cm wide. They are red-brown and have a warty surface. This is hard and woody. There are 1-2 seeds per stone.

## HABITAT

A tropical plant. It grows in tropical Africa. It grows in forest and along river banks. It can be in savannah or palm groves. It grows from the lowlands to 1,000 m altitude in West Africa. In East Africa it grows to 2,400 m altitude.

## PRODUCTION

### Cultivation

Trees are grown from seed.

### Harvesting and Seed Production

In Tanzania fruit are collected from August to March. In Sierra Leone fruit are between June and December.

## NOTES

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

## REFERENCES


Aniama, S. O., et al, 2016, Ethnobotanical documentaton of some plants among Igala people of Kogi State (Nigeria). The International Journal Of Engineering And Science (IJES). 5(4) pp 33-42

Atato, A., et al, 2010, Diversity of Edible Wild Fruit Tree Species of Togo. Global Science Books.

Awodoyin, R.O., Olubode, O.S., Ogbu, J.U., Balogun, R.B., Nwawuisi, J.U. and Orji, K.O., 2015, Indigenous Fruit Trees of Tropical Africa: Status, Opportunity for Development and Biodiversity Management. Agricultural Sciences, 6, 31-41

Bojang, L., 1999, Non-wood Forest Products in The Gambia. EC-FAO Partnership Programme.

Burkill, H. M., 1985, The useful plants of west tropical Africa, Vol. 1. Kew.

Burkill, I.H., 1966, A Dictionary of the Economic Products of the Malay Peninsula. Ministry of Agriculture and Cooperatives, Kuala Lumpur, Malaysia. Vol 2 (I-Z) p 1694 (As Parinarium excelsum)

DeWalt, S. J., et al, 1999, Ethnobotany of the Tacana: Quantitative Inventories of Two Permanent Plots of Northwestern Bolivia. Economic Botany Vol. 53. No. 3. pp. 237-260

Djihounouck, Y., et al, 2018, Diversité Et Importance Socio-Economique Des Espèces Fruitières Sauvages Comestibles En Zone Kasa (Sud-Ouest Du Sénégal). European Scientific Journal December 2018 edition Vol.14, No.36 ISSN: 1857 – 7881

Djihounouck, Y., et al, 2021, Ethnobotanical Uses of Non-cultivated Edible Fruit Species in the Department of Oussouye (South Senegal). Journal of Food Research; Vol. 10, No. 4 p 20

FAO. 1983, Food and fruit-bearing forest species 1: Examples from Eastern Africa. FAO Food and Forestry Paper 44/1 p 87

FERRY et al., (As Parinarium excelsum)

Food Composition Tables for use in Africa FAO http://www.fao.org/infoods/directory No. 1003

Fowler, D. G., 2007, Zambian Plants: Their Vernacular Names and Uses. Kew. p 18

Fox, F. W. & Young, M. E. N., 1982, Food from the Veld. Delta Books. p 155

Gallois, S., et al, 2020, Methodological priorities in assessing wild edible plant knowledge and use – a case study among the Baka in Cameroon.

Grandtner, M. M. & Chevrette, J., 2013, Dictionary of Trees, Volume 2: South America: Nomenclature, Taxonomy and Ecology. Academic Press p 481

Gueye, M., et al, 2014, Wild Fruits Traditionally Gathered by the Malinke Ethnic Group in the Edge of Niokolo Koba Park (Senegal). American Journal of Plant Sciences 5, 1306-1317

Harris, D. J., 2002, The vascular plants of the Dzanga-Sangha Reserve, Central African Republic. National Botanic Garden of Belgium, 2002. – 274 pages p 66

Hawthorne, W.& Marshall, C., 2013, Nimba Western Area Iron Ore Concentrator Mining Project Environmental and Social Impact Assessment. AcelorMittel Liberia. p 498

Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 464 (As Parinarium excelsum)

Heywood, V.H., Brummitt, R.K., Culham, A., and Seberg, O. 2007, Flowering Plant Families of the World. Royal Botanical Gardens, Kew. p 99

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.

Jardin, C., 1970, List of Foods Used In Africa, FAO Nutrition Information Document Series No 2.p 35, 152

Jusu, A. & Cuni-Sanchez, A., 2017, Priority indigenous fruit trees in the African rainforest zone: insights from Sierra Leone. Genet Resour Crop Evol (2017) 64:745–760

Kermath, B. M., et al, 2014, Food Plants in the Americas: A survey of the domesticated, cultivated and wild plants used for Human food in North, Central and South America and the Caribbean. On line draft. p 606

Latham, P & Mbuta, A., 2017, Useful Plants of Central Province, Democratic Republic of Congo. Volume 2. Salvation Army p 86

Le Houerou, H. N., (Ed.), 1980, Browse in Africa. The current state of knowledge. International Livestock Centre for Africa, Ethiopia. p 162

Lovett, J. C. et al, Field Guide to the Moist Forest Trees of Tanzania. p 38

Malaisse, F., 1997, Se nourrir en floret claire africaine. Approche ecologique et nutritionnelle. CTA., p 65

Mangambu Mokoso Jean De Dieu, et al, 2015, Etudes ethnobotanique et ethnolinguistique des ressources forestieres ligneuses utilisees par la population du coulour Ecologique du Parc National de Kahuzi-biega (R. D. Congo). European Journal of Scientific Research May 2015.

Mpasiwakomu, R. A., 2017, The Diversity and Utilization of Wild Edible and Medicinal Plant Species found in Uvinza Miombo Woodlands, Tanzania. M. Sc. thesis University of Tanzania.

Msola, D. K., 2007, The role of Wild Foods in Household Income and Food Security in Mufundi District, Tanzania. Morogoro, Tanzania. p 44

Msuya, T. S., et al, 2010, Availability, Preference and Consumption of Indigenous Foods in the Eastern Arc Mountains, Tanzania, Ecology of Food and Nutrition, 49:3, 208-227

N'Diaye, M., et al.,2003, Principle fruits of gathering consumed and marketed in Guinea. Fruits, Vol. 58: 99-116

Oteng-Amoako, A. A. (Ed.), 2006, 100 Tropical African Timber Trees from Ghana. Forestry Research Institute of Ghana. p 202

Full reference list (15 more) at https://www.echocommunity.org/en/resources/cdae3a73-0132-45f5-903d-ea694af412a5

**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/cdae3a73-0132-45f5-903d-ea694af412a5