PLANT FACT SHEET

Allanblackia stuhlmannii (Engl.) Engl.

GENUS *Allanblackia* **FAMILY** Clusiaceae

COMMON NAMES Mkani, Msambo

EDIBLE PARTS AND USES

Edible parts: Seeds, Seeds - oil, Fruit

The oil is edible and used in cooking and as a substitute for butter. The seeds of mature fruit are dried in the sun and then pounded and cooked to extract the oil-fat.
The slimy jelly like pulp is used for jam making.

DESCRIPTION

An evergreen tree. It grows 35 m tall. The trunk is cylinder shape with buttresses near the base. The bark is smooth and dark grey. The branches droop and are hollow. They have wrinkles along them. The leaves are simple and opposite. They are 5-20 cm long by 1-7 cm wide. They are leathery and dark green and taper to a short tip. Trees are separately male and female. The flowers occur singly in the axils of leaves. They are also crowded near the ends of branches. The fruit is a long or cone shaped berry. It is 16-34 cm long by 15-17 cm wide. They contain 60-140 seeds. The seeds have 4 angles. They are 4 cm long by 2-3 cm wide.

Some now put this as Garcinia.

HABITAT

It is a tropical plant. In Tanzania trees grow between 800-1,200 m altitude. The temperature range is 25°C - 35°C.

PRODUCTION

Cultivation

Although trees can be grown from seeds, it is better to take cuttings (or air layers) from female trees. These can form roots in 8-12 weeks.

Harvesting and Seed Production

Trees flower when about 12 years old. Fruit take more than a year to develop and mature. A fruit weighs 2.5-6 kg. A mature tree can produce 150 fruit in one year. This yields 50 kg of fat. Dried seeds can be stored for several months.

NOTES

Guttiferae/Clusiaceae are mostly confined to the tropics and subtropics.
The oil is considered a functional food.

REFERENCES

Bircher, A. G. & Bircher, W. H., 2000, Encyclopedia of Fruit Trees and Edible Flowering Plants in Egypt and the Subtropics. AUC Press. p 18

Crockett, S. L., 2015, Allanblackia Oil: Phytochemistry and Use as a Functional Food. Int. J. Mol. Sci. 2015, 16, 22333-22349

Davis, S.D., Heywood, V.H., & Hamilton, A.C. (eds), 1994, Centres of plant Diversity. WWF. Vol 1. p 250

Food Composition Tables for use in Africa FAO http://www.fao.org/infoods/directory No. 434

FAO. 1983, Food and fruit-bearing forest species 1: Examples from Eastern Africa. FAO Food and Forestry Paper 44/1 p 3

http://www.fao.org/forestry/25323-096344a3de335832e8f363c3ac5184a66.pdf

INFOODSUpdatedFGU-list.xls

Jardin, C., 1970, List of Foods Used In Africa, FAO Nutrition Information Document Series No 2.p 38

Lovett, J. C. et al, Field Guide to the Moist Forest Trees of Tanzania. p 65

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

Mwaura, L. & Munjuga, M., 2007. Allanblackia stuhlmannii (Engl.) Engl. [Internet] Record from Protabase. van der Vossen, H.A.M. & Mkamilo, G.S. (Editors). PROTA (Plant Resources of Tropical Africa / Ressources végétales de l'Afrique tropicale), Wageningen, Netherlands. < http://database.prota.org/search.htm>. Accessed 13 October 2009.

Peters, C. R., O'Brien, E. M., and Drummond, R.B., 1992, Edible Wild plants of Sub-saharan Africa. Kew. p 83

Reis, S. V. and Lipp, F. L., 1982, New Plant Sources for Drugs and Foods from the New York Botanical Garden herbarium. Harvard. p 185

Ruffo, C. K., Birnie, A. & Tengnas, B., 2002, Edible Wild Plants of Tanzania. RELMA p 116

Wickens, G.E., 1995, Edible Nuts. FAO Non-wood forest products. FAO, Rome. p 131

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

www.worldagroforestrycentre.org/treedb/

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/ea97589f-ebbc-488d-b98d-418e31f67bb6