PLANT FACT SHEET

Buchanania obovata Engl.

GENUS *Buchanania* **FAMILY** Anacardiaceae

COMMON NAMES Wild plum, Green plum, Wild mango

EDIBLE PARTS AND USES

Edible parts: Fruit, Roots

The ripe fruit are eaten raw.
Roots of young plants may be eaten after roasting and pounding.

DESCRIPTION

A small tree. It grows 4-10 m high. The young branches are softly hairy. It loses its leaves during the year. The leaves are thick and leathery. They vary in shape but are oblong and taper to the base. The blade is 5-25 cm long by 1.5-10 cm wide. They are a dull grey-green and have a prominent raised midrib. The flowers are small and cream. They are about 05. cm across. They occur in a group at the end of branches. The fruit is a smooth fleshy lens-shaped fruit with a stone inside. They are about 1-1.7 cm long by 1-1.5 cm wide. There is a single hard shelled seed. The fruit are edible.

HABITAT

It is a tropical plant. An understorey tree in open forest. It grows on well-drained soils. It often grows along streams in dry areas. It is very frost sensitive. It grows best in humus rich, moist soils.

PRODUCTION

Cultivation

Plants are grown from fresh seed. It can also be grown by cuttings.

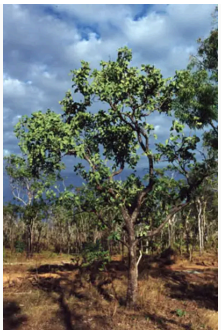
NOTES

There are about 25 Buchanania species.
It is rich in folates.

PICTURES



Credit: Food Plants International (Bruce French)



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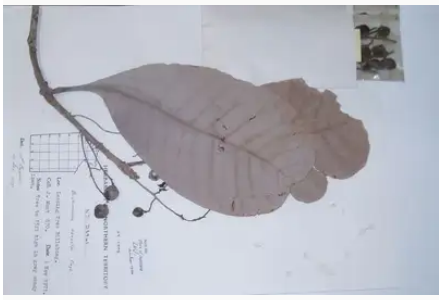

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