PLANT FACT SHEET

Pappea capensis (Spreng.) Eckl. & Zeyh.

GENUS *Pappea* **FAMILY** Sapindaceae

COMMON NAMES South African Cherry, Indaba tree, Sand apple

EDIBLE PARTS AND USES

Edible parts: Fruit, Seeds, Bark - tea, Leaves, Seeds - oil

The fruit are eaten raw. They can also be made into drinks and jellies. They can be dried. The seeds are removed. The fruit can be used to make vinegar or used for beer.
The seeds are the source of an edible oil.
The inner bark is dried and grated to make a tea.

DESCRIPTION

A shrub or small tree. It grows 3-9 m high. It grows taller in moist regions and is smaller in arid places. The leaves are towards the ends of twigs. The leaves are stiff, rough and simple. They can be 2.5-4 cm long and 8 mm wide in arid places and 3 times that size in most places. The base can be rounded or heart-shaped. The edges are often wavy. There are 10-12 pairs of side veins. The leaves are usually green above and paler below. The flowers are small and greenish-yellow. The male flowers are in a branched panicle and the female flowers in strings. The fruit have 3 parts 0.8-1.9 cm across. It has a hard brittle shell. It is brown and splits to show bright red flesh which lets light through. There is a brown shiny stone inside. The fruit is edible.

HABITAT

A tropical plant. It grows in tropical and subtropical places. It grows in the lowlands and the highlands. It suits moister places. It is often in open woodland and along rivers. It grows among rocks. Established trees can tolerate frost and drought. It grows in areas with an annual rainfall between 50-890 mm. It can grow in weakly salty soils. It grows between 30-2,400 m above sea level. It can grow in arid places. It also grows on termite mounds.

PRODUCTION

Cultivation

Plants can be grown from fresh seeds. Seeds can be collected from fruit on the tree and the flesh is removed. Seeds sown in warm weather can germinate in 2 weeks. Seedlings can be transplanted at the 4 leaf stage. Trees can be cut back and allowed to re-grow.

Harvesting and Seed Production

Seedlings grow slowly but more quickly later.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

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