Rhamnaceae



Common names

Bird plum, Brown ivory, Mountain date,

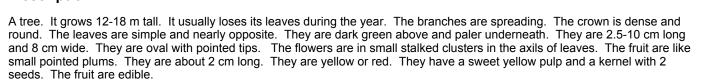
Scientific name

Berchemia discolor

Edible portion Fruit, G

Fruit, Gum, Leaves,

# Description





A tropical plant. It grows in dry forest. It grows at low altitude in South Africa. In East Africa it grows from sea level to 1,600 m altitude. It is damaged by frost or cold winds. It is drought resistant. It grows in areas with an annual rainfall between 300-635 mm. It can grow in arid places. It is often on termite mounds. It grows in the lowlands and along rivers. It grows in Miombo woodlands.

## Found in:

Africa, Angola, Botswana, Central Africa, Congo, East Africa, Eswatini, Ethiopia, Kenya, Madagascar, Malawi, Mozambique, Namibia, Saudi Arabia, Somalia, South Africa, Southern Africa, South Sudan, Sudan, Swaziland, Tanzania, Uganda, Yemen, Zambia, Zimbabwe,

#### Use

The ripe fruit are eaten raw or dry. They are also used to flavour porridge. The dried fruit can be stored. The dried fruit (after the kernel is removed) are pounded with millet seeds and made into a biscuit dough and baked. The fruit are also fermented into an alcoholic drink. Caution: Alcohol is a cause of cancer. The fruit can be used for juice, jam and sweets.

#### Cultivation

Plants can be grown from fresh seeds. The seeds germinate easily. Seedlings can then be transplanted. Seeds can also be sown directly in the field. Plants can also be grown from root suckers.

### **Production**

Plants grow very slowly. When dry, the fruit can be stored for a long time. Fruit are normally available in the wet season.



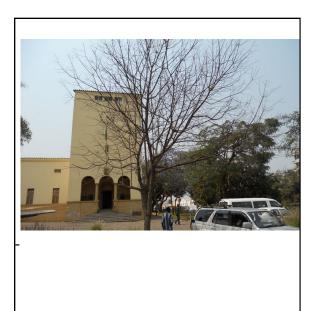
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## **Nutritional Values**

Berchemia discolor

Edible Part	Moisture /100 g edible portion %	Energy KJ	Energy Protein Kcal g	Provit A μg	Vit C mg	lron mg	Zinc mg
Fruit	78.8	305	1.1		50.3	2.2	0.3
Fruit - dry	38.7		1.0		116		



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