



Common names

Chrysobalanaceae

Rough skinned plum, Guinea plum,

Scientific name

Parinari excelsa

Edible portion Nuts, Fruit, Kernel, Seed - oil,

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.

Distribution

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.

Found in:

Africa, Amazon, Angola, Benin, Bolivia, Brazil, Burkina Faso, Burundi, Cameroon, Central Africa, Central African Republic, CAR, Colombia, Congo DR, Costa Rica, Côte d'Ivoire, East Africa, French Guiana, Gabon, Gambia, Ghana, Guianas, Guinea, Guinée, Guinea-Bissau, Guyana, Honduras, Ivory Coast, Liberia, Malawi, Mozambique, Nigeria, Rwanda, Senegal, Sierra Leone, South America, Suriname, Tanzania, Togo, Uganda, Venezuela, West Africa, Zambia,

Use

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.

Cultivation

Trees are grown from seed.

Production

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



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Nutritional Values

Parinari excelsa

Edible Part	/100 g edible portion	Moisture %	Energy KJ	Energy Kcal	Protein g	Provit A µg	Vit C mg	Iron mg	Zinc mg
Fruit		66.8	489	117	1.3			1.7	

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