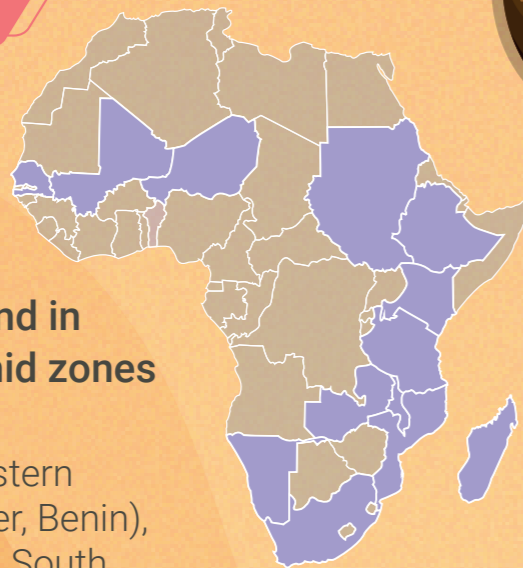


Adansonia Digitata L. The species

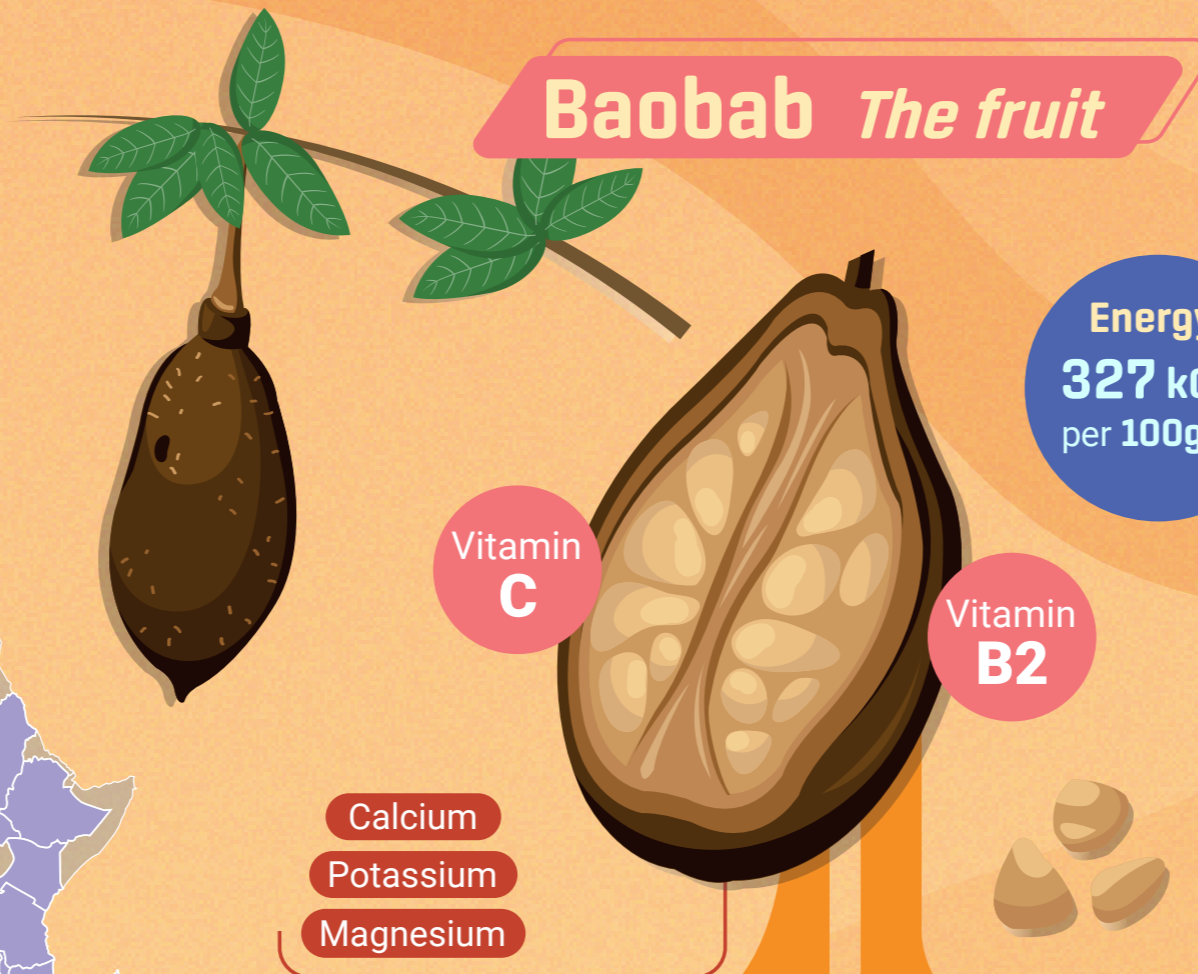
Also known as:

Baobab fruit,
monkey bread, mbuyu,
mlambe, hamao, sito,
kukua, kouka, kremetart,
kremetartboom.

Geography



The baobab tree is found in semi-arid and sub-humid zones of sub-Saharan Africa, including countries in western Africa (Senegal, Mali, Niger, Benin), southern Africa (Namibia, South Africa, Mozambique, Zambia, Malawi, Madagascar) and eastern Africa (Sudan, Ethiopia, Kenya, Tanzania).



Baobab The fruit

Energy:
327 kCal
per 100g EP

Vitamin
C

Vitamin
B2

Calcium
Potassium
Magnesium

CHARACTERISTICS

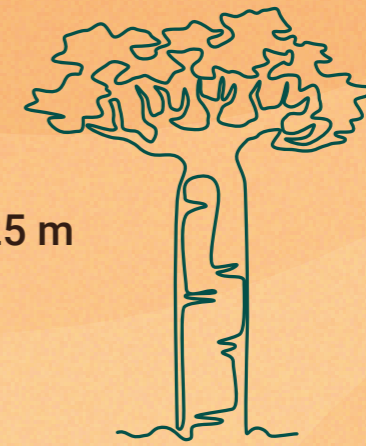
The fruit contains a white, mealy and acidic-tasting pulp that contains as much as 6x more vitamin C than oranges and twice as much calcium as milk.

OTHER USES

The leaves are used to treat kidney and bladder diseases, asthma, general fatigue, diarrhea, insect bites and guinea worm.

The tree

10 - 25 m



Pulp-coated seeds
can be coloured, sugar-coated and sold as sweets or pressed into oil for consumption and industrial use.

Leaves
can be powdered as a soup ingredient.

Trunk
can store up to 10,000 litres of water.

Maturity before yields
25 - 60 years

Baobab products are an **important source of nutrition** for local communities,

and are widely considered a 'superfruit'. **There is increasing interest and demand for baobab pulp and powder in Europe and the USA.**

The tree themselves are **iconic African trees** They beautify the landscape and **represent cultural heritage**

One of the longest-living trees in the world, the baobab may live for more than

1,000 years