

# *Tamarindus indica* L. *The species*

Also known as:

## Tamarind fruit,

Indian date, mkwaju, ardeib, aradeib, mushishi, anbli, amli, nuli, magyee, majee-pen, sampal.

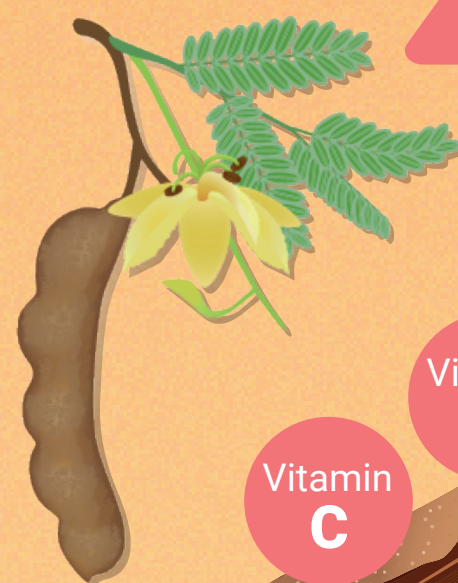
## Geography



Native to Burkina Faso, Central African Republic, Chad, Eritrea, Ethiopia, Gambia, Guinea, Guinea-Bissau, Kenya, Madagascar, Mali, Mozambique, Niger, Nigeria, Senegal, Sudan, Tanzania, Uganda and Zimbabwe.

Also found in India, Southeast Asia and the Americas.

## Tamarind *The fruit*



Vitamin  
**C**

Vitamin  
**B<sub>3</sub>**

Energy:  
**277 kCal**  
per 100g EP

Calcium  
Magnesium

Potassium  
Phosphorus

## CHARACTERISTICS

The edible fruit pulp is sour and can be eaten raw. They are rich in protein and antioxidants, containing 40 percent more protein than the same serving size of avocado.

## OTHER USES

It is popular for flavouring tea curries and rice. It is also used as a poultice to reduce fever and as a laxative.

## The tree

Up to 30m



**Pulp**  
used in chutney, drinks, jams, juices and sweets.

**Leaves**  
used as fodder for livestock and to enhance soil fertility for conservation.

**Lumber**  
used to make furniture, carvings and household objects.

Maturity before yields  
**7 - 10 years**

The fruit of *Tamarindus indica* L. is marketed worldwide in sauces, syrups and processed foods, and the juice is an ingredient in Worcestershire Sauce. These economic benefits could have an indirect positive effect on food security and nutrition for producers who can use the income to diversify their diets.

The tamarind tree can live up to  
**200 years**  
and it can remain productive for over  
**60 years**