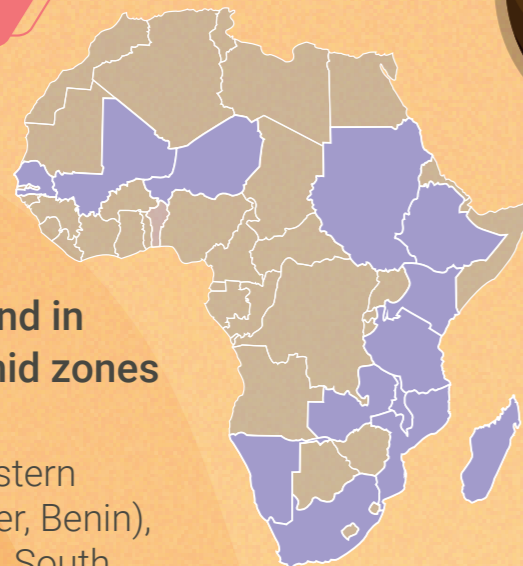


Adansonia Digitata L. The species

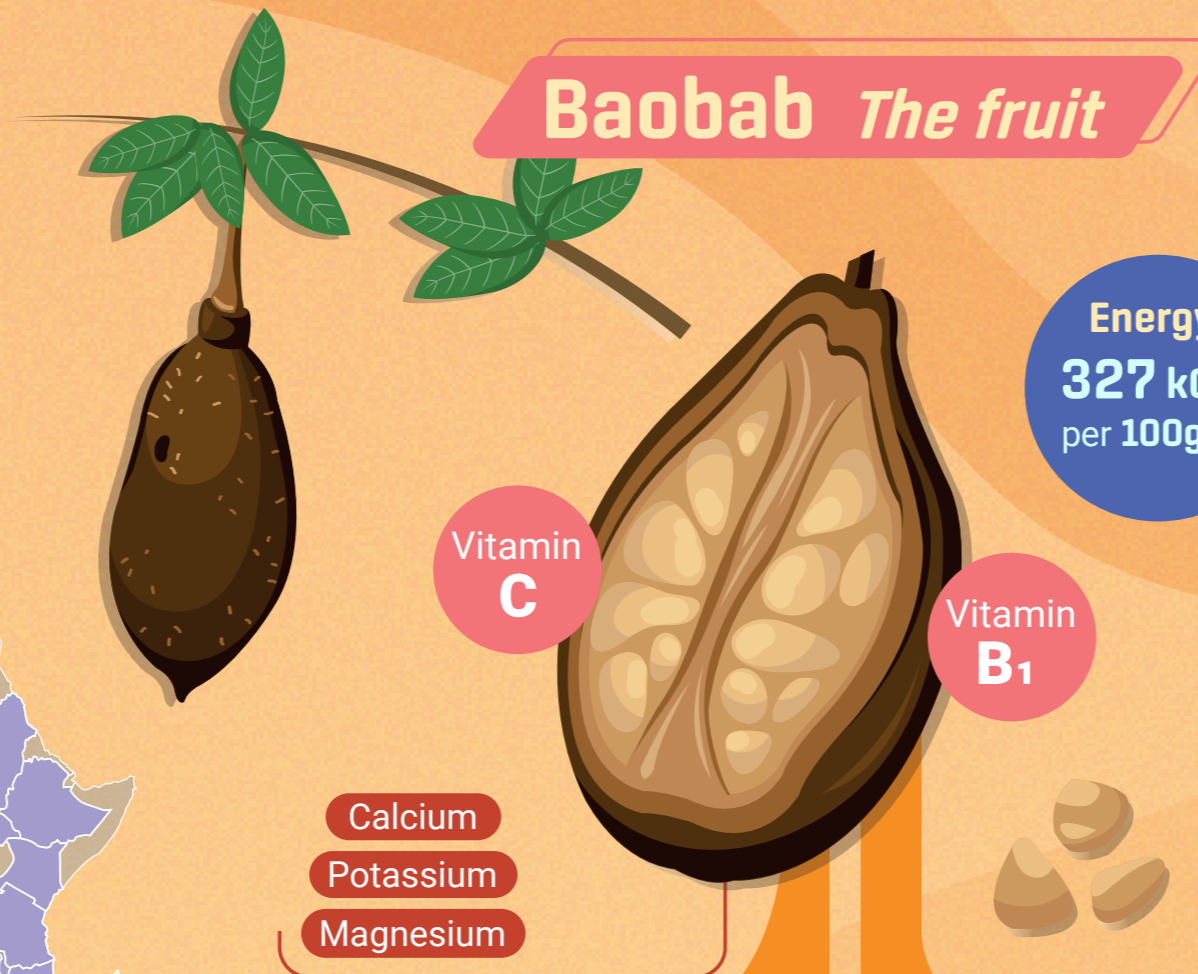
Also known as:

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 B₁

- Calcium
- Potassium
- Magnesium

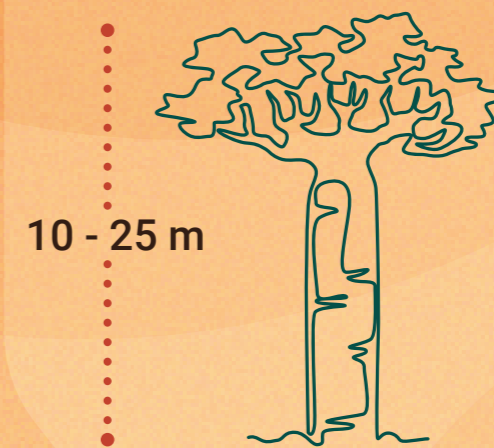
CHARACTERISTICS

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

Maturity before yields **25 - 60 years**

- 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.

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