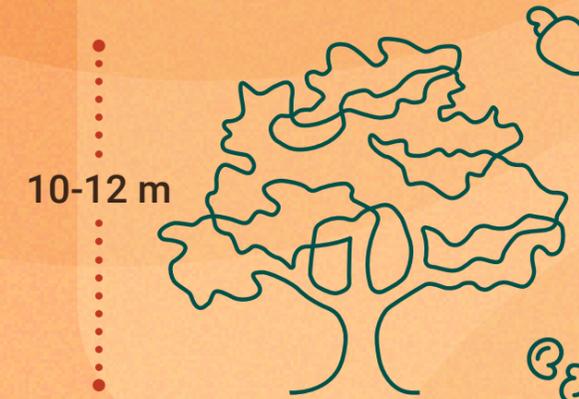


## The tree



**Fruit** can be eaten fresh or used to make jams, chutneys and juices. It may also be distilled to produce strong alcoholic drinks.

**The nut** is commonly used in Asian cuisine and can be ground into a paste that forms a base of various sauces and curries.

Maturity before yields **3-4 years**

Productivity lifetime **30-40 years**

**Anacardium occidentale L. is a popular fruit tree for agroforestry** because it can grow in most soils and endures drought well. In India, the species is often intercropped with cowpea, groundnuts and coconut.

Economically, the cashew nuts are **extremely valuable**

The global demand for this product makes it an **important cash crop**

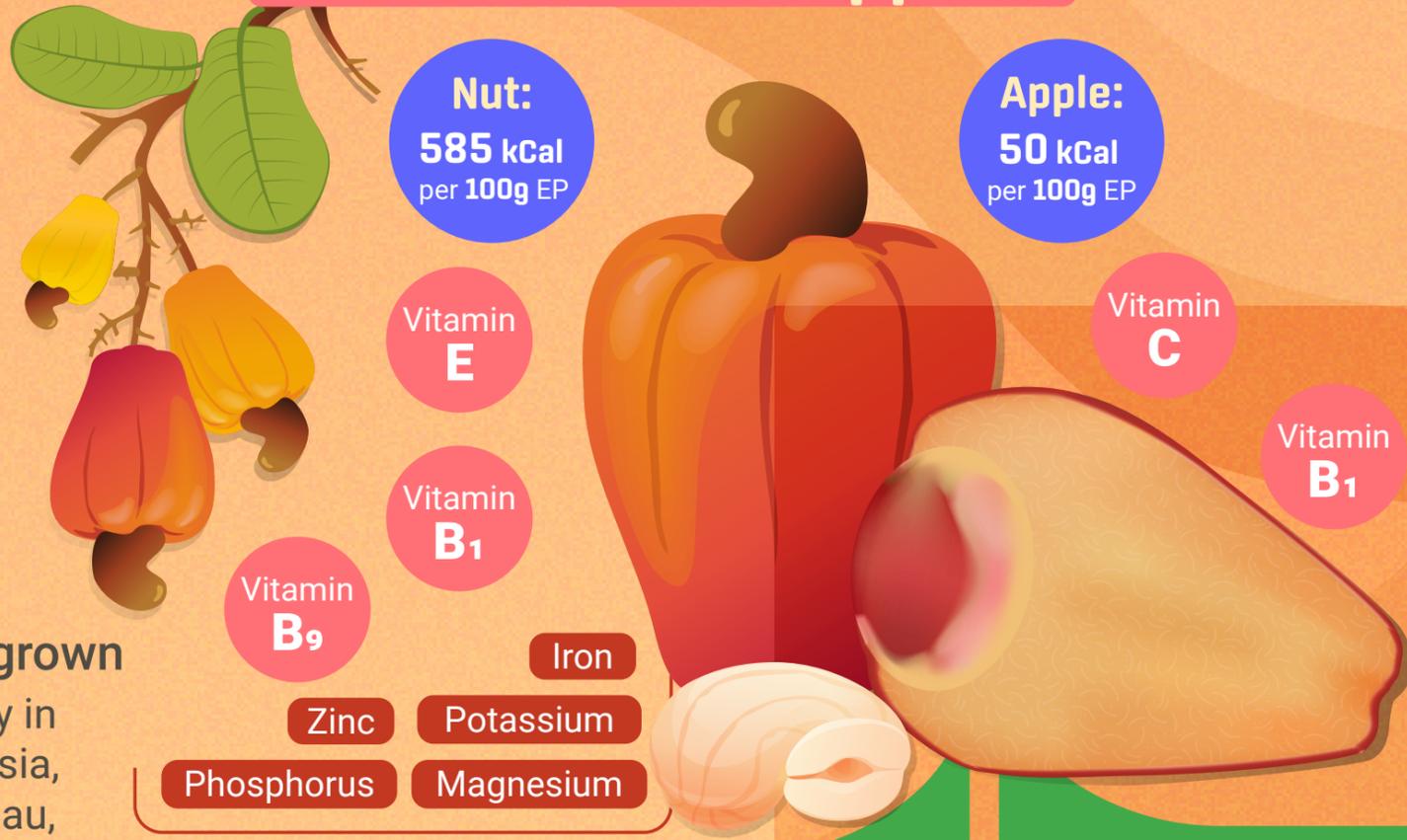
for smallholders and an area where more work can be done to improve local livelihoods.

# Anacardium occidentale L. The species

Also known as:

## Cashew nut & apple

habb al-biladhir, jambu mede, yao kuo, caju



**Nut:**  
585 kCal per 100g EP

**Apple:**  
50 kCal per 100g EP

Vitamin E

Vitamin C

Vitamin B<sub>1</sub>

Vitamin B<sub>1</sub>

Vitamin B<sub>9</sub>

Vitamin B<sub>3</sub>

Iron

Zinc

Potassium

Phosphorus

Magnesium

### CHARACTERISTICS

Both the cashew apple and nut are rich in iron and other minerals. A 100 g edible portion (EP) of the nut contains 36% of an adult's daily recommended value (%DV) of iron and 42% DV of zinc.

### OTHER USES

Planting these trees can improve degenerated soil and aid in reforestation. Additionally, the tree's timber is used to manufacture furniture, boats, packing crates and charcoal.

## Geography

Native to Brazil, it is now grown around the world, especially in Vietnam, India, Nigeria, Indonesia, Philippines, Benin, Guinea-Bissau, Iran and the Ivory Coast.

