**Anacardium occidentale L. The species**

**Also known as:**
Cashew nut & apple
habb al-biladhir, jambu mede, yao kuo, caju

**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.

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

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

**Vitamin E**
**Vitamin B1**
**Vitamin B9**
**Iron**
**Zinc**
**Potassium**
**Magnesium**
**Phosphorus**

**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.

**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.

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

**585 kCal**
**50 kCal**

**Productivity lifetime**
30-40 years

**Maturity before yields**
3-4 years

**10-12 m**

**Forest trees agroforestry.org/from-tree-to-fork**