

Garcinia livingstonei L. *The species*

Also known as:

African mangosteen,
imbe, Lowveld
mangosteen, mutumbi,
mpekechu,
afrikageelmelkhout

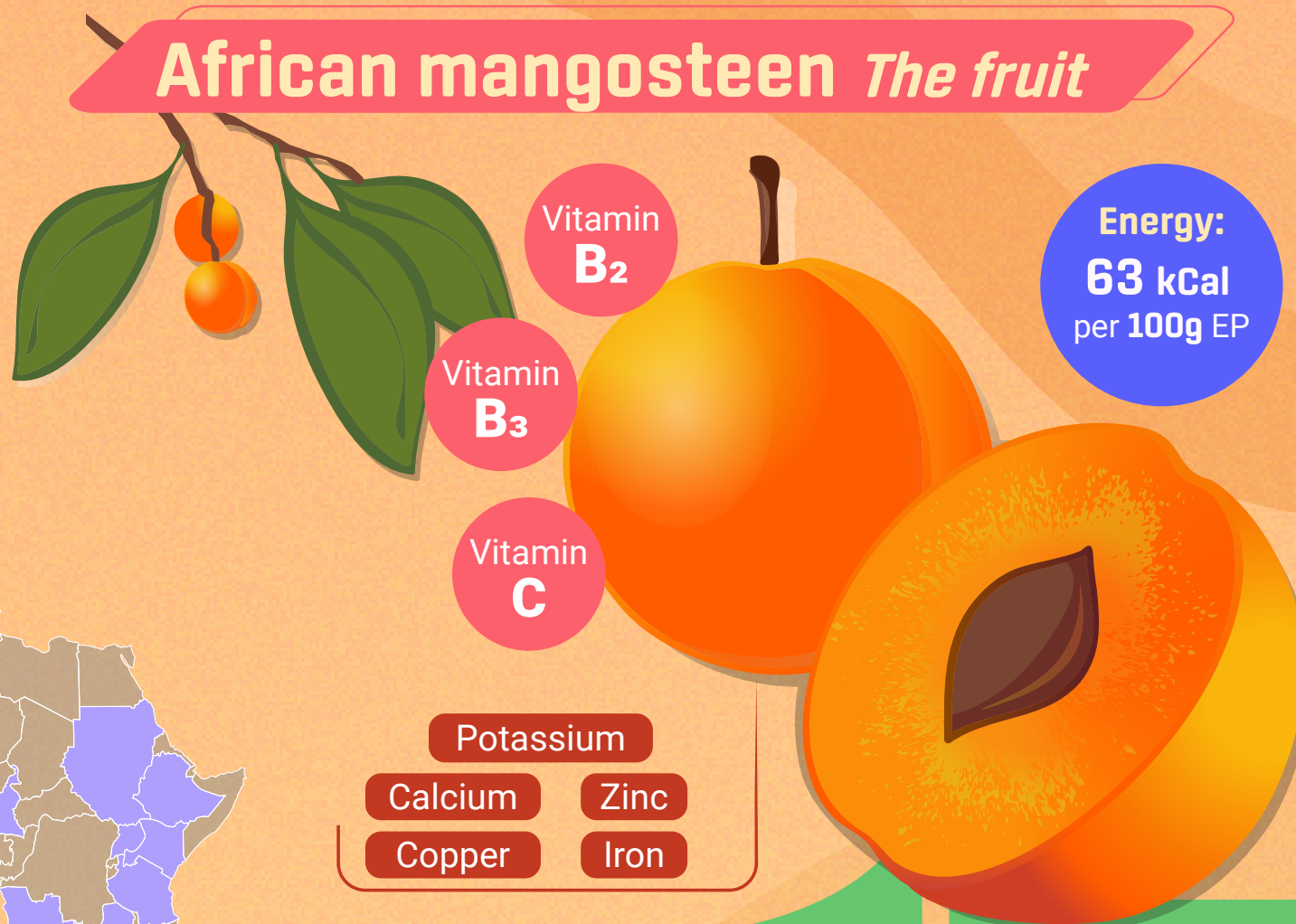
Geography

Found in many
African countries
including:

Angola, Botswana, Cameroon,
Ethiopia, Kenya, Namibia,
Senegal and South Africa.
Additionally, it has been
cultivated successfully in Florida,
USA, Cuba and parts of
Southeast Asia.



African mangosteen *The fruit*



CHARACTERISTICS

The plants have separate sexes, meaning both a male and a female tree are required for good fruit production. African mangosteens have been compared to apricots and can be eaten raw, cooked or fermented to make alcohol.

OTHER USES

The yellowish tree sap is poisonous and has been used by indigenous communities to tip their hunting arrows. In addition, extracts from its flowers and leaves have been shown to have antibiotic properties.

The tree

6-12 m



Maturity before yields
4-6 years



Fruit
is used to make
jams liquers and ice
creams.



Seeds
can be pressed to
yield an edible oil.



Wood
is used to build fence
posts, tool handles
and wooden spoons.
The timber is also
popular for charcoal
production.



Several parts of the tree are used in traditional medicine, including the root, which is ground into a powder and used to treat abdominal pain during pregnancy and postpartum.



The tree is also
a good candidate for
agroforestry

Its drought tolerance and
attractiveness to insects and
birds may make it useful in the

**ecological
restoration**

of degraded
landscapes.