

Vitellaria paradoxa C. F. Gaertn.

Identifiants : 40768/vitpaa

Association du Potager de mes/nos Rêves (<https://lepotager-demesreves.fr>)

Fiche réalisée par Patrick Le Ménahèze

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- Classification phylogénétique :

- Clade : Angiospermes ;
- Clade : Dicotylédones vraies ;
- Clade : Astéridées ;
- Ordre : Ericales ;
- Famille : Sapotaceae ;

- Classification/taxinomie traditionnelle :

- Règne : Plantae ;
- Division : Magnoliophyta ;
- Classe : Magnoliopsida ;
- Ordre : Ebenales ;
- Famille : Sapotaceae ;
- Genre : Vitellaria ;

- Synonymes : *Bassia parkii* G. Don, *Butyrospermum niloticum* Kotschy, *Butyrospermum paradoxum* (C. F. Gaertn.) Hepper, *Butyrospermum paradoxum* subsp. *parkii* (G. Don) Hepper, *Butyrospermum parkii* (G. Don) Kotschy, et d'autres *Butyrospermum paradoxum* ssp *niloticum* ;

- Nom(s) anglais, local(aux) et/ou international(aux) : Karite-nut, Shea, Shea-buttertree, , Anku, Bambo-tulo-iro, Bugbassami, Bulunga, Busabu, Carei, Careidje, Carite, Chamegh, Chobu, Ekumgurit, Ekungur, Ekunguru, Emin, Gi-wol, Ichamegh, Kadanya, Kare, Karehi, Karite, K'danya, Kotoble, Kourou, Leguelcare, Lulu, Meepampa, Midji, Mutaamu, Nguin, Nku, Nkudua, Okume, Okwume, Ori, Oum kouroum, Raak, Sonmou, Sougoum, Taana, Taang-kaam, Taanga, Tabi, Tabo, ere, TambTanma, Tongtia, Wado, Yaa, Yao ;



- Note comestibilité : ****

- Rapport de consommation et comestibilité/consommabilité inférée (partie(s) utilisable(s) et usage(s) alimentaire(s) correspondant(s)) :

Noix sèches/séchées^{{{0(+x)}}}.

La pulpe de fruit très mûre est consommée crue lorsqu'elle est très mûre ou est légèrement cuite après avoir retiré la graine. Les grains torréfiés sont pilés puis broyés pour donner une pâte de beurre de karité huileuse. Cela doit être bouilli puis l'huile écrémée avec les impuretés. Le beurre de karité purifié est comestible et utilisé en cuisine. La graisse est utilisée dans la margarine

Partie testée : noix séchées^{{{0(+x)}}} (traduction automatique)

Original : Nuts dried^{{{0(+x)}}}

Taux d'humidité	Énergie (kj)	Énergie (kcal)	Protéines (g)	Pro-vitamines A (µg)	Vitamines C (mg)	Fer (mg)	Zinc (mg)
6.9	2420	579	6.8	0	0	3.0	0



néant, inconnus ou indéterminés.

- Note médicinale : *****

- **Illustration(s) (photographie(s) et/ou dessin(s)):**



De gauche à droite :

Par Kotschy, C.G.T., Peyritsch, J., J.A., A.F.P., *Plantae Tinneanae* (1867) Pl. Tinn. (1867) t. 8, via plantillustrations

Par Wilhelm, G.T., *Unterhaltungen aus der Naturgeschic*

Par *Ausländische Kulturpflanzen in farbigen Wandtafeln*, via plantillustrations

- **Autres infos :**

dont infos de "FOOD PLANTS INTERNATIONAL" :

- **Statut :**

C'est un aliment couramment utilisé en Afrique de l'Ouest. Les fruits sont généralement disponibles pendant la saison la plus sèche et la plus affamée^{{{{0(+x)}}}} (traduction automatique).

Original : It is a commonly used food in West Africa. Fruit tend to be available in the drier more hungry season^{{{{0(+x)}}}}.

- **Distribution :**

Une plante tropicale. Il pousse dans les basses terres tropicales chaudes dans les zones à faibles précipitations. Il est courant dans les régions les plus sèches de l'Afrique équatoriale. Il se produit dans la savane avec une nappe phréatique peu profonde. Elle se situe le plus souvent entre 500 et 1000 m d'altitude. Il pousse dans les régions avec une pluviométrie annuelle de 600-1 000 mm et une saison sèche marquée de 6 à 8 mois. Il convient aux endroits avec des températures moyennes de 24-30 ° C mais peut supporter des extrêmes de 21 ° C et 36 ° C. La température minimale ne doit pas être inférieure à 21 ° C et la température maximale de 36 ° C. Il fait mieux sur les sols sableux alluviaux secs et riches en humus. Il ne peut pas tolérer les zones inondées. Il peut repousser après un incendie. Il peut pousser dans des endroits arides. Il se produit entre les latitudes 0-15° N. Il pousse principalement entre 500 et 1000 m d'altitude^{{{{0(+x)}}}} (traduction automatique).

Original : A tropical plant. It grows in the hot tropical lowland in areas with a low rainfall. It is common in drier parts of equatorial Africa. It occurs in savannah with a shallow water-table. It is most often between 500 and 1,000 m altitude. It grows in areas with an annual rainfall of 600-1,000 mm and a marked dry season of 6-8 months. It suits places with average temperatures of 24-30°C but can stand extremes of 21°C and 36°C. The minimum temperature should not be below 21°C and the maximum of 36°C. It does best on dry alluvial sandy soils which are rich in humus. It cannot tolerate areas which flood. It can re-grow after fire. It can grow in arid places. It occurs between latitudes 0-15°N. Mostly it grows between 500-1,000 m altitude^{{{{0(+x)}}}}.

- **Localisation :**

Afrique, Asie, Bénin, Burkina Faso, Cameroun, Afrique centrale, République centrafricaine, RCA, Amérique centrale, Tchad, Chine, Congo, Côte d'Ivoire, Dominique, Afrique de l'Est, Éthiopie, Gambie, Ghana, Guinée, Guinée, Guinée © e, Guinée-Bissau, Honduras, Côte d'Ivoire, Mali, Niger, Nigéria, Sahel, Sénégal, Sierra Leone, Soudan du Sud, Soudan, Togo, Ouganda, Afrique de l'Ouest^{{{{0(+x)}}}} (traduction automatique).

Original : Africa, Asia, Benin, Burkina Faso, Cameroon, Central Africa, Central African Republic, CAR, Central America, Chad, China, Congo, CÃ´te d'Ivoire, Dominica, East Africa, Ethiopia, Gambia, Ghana, Guinea, GuinÃ©e, Guinea-Bissau, Honduras, Ivory Coast, Mali, Niger, Nigeria, Sahel, Senegal, Sierra Leone, South Sudan, Sudan, Togo, Uganda, West Africa^{{{{0(+x)}}}}.

• Liens, sources et/ou références :

° ⁵"Plants For a Future" (en anglais) : https://pfaf.org/user/Plant.aspx?LatinName=Vitellaria_paradoxa ;

dont classification :

dont livres et bases de données : ° "Food Plants International" (en anglais) ;

dont biographie/références de ° "FOOD PLANTS INTERNATIONAL" :

Alyegba, S. S. et al, 2013, Ethnobotanical Survey of Edible Wild Plants in Tiv Communities of Benue State, Nigeria. *Journal of Natural Sciences Research*. Vol.3, No.7 ; Ambe, G., 2001, Les fruits sauvages comestibles des savanes guinéennes de Côte-d'Ivoire : État de la connaissance par une population locale, les Malinké. *Biotechnol. Agron. Soc. Environ.* 5(1), 43-48 ; Aniam, S. O., et al, 2016, Ethnobotanical documentaton of some plants among Igala people of Kogi State (Nigeria). *The International Journal Of Engineering And Science (IJES)*. 5(4) pp 33-42 ; Asase, A. & Oteng-Yeboah, A. A., 2012, Plants used in Wechiau Community Hippotamus Sanctuary in Northwest Ghana. *Ethnobotany research & Applications* 10:605-618 ; Assogbadjo, A. 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G. & Bircher, W. H., 2000, *Encyclopedia of Fruit Trees and Edible Flowering Plants in Egypt and the Subtropics*. AUC Press. p 70 (As *Butyrospermum paradoxum* subsp. parkii) ; Bonou, A., et al, 2013, Valeur économique des Produits Forestiers Non Ligneux (PFNL) au Bénin. *Editions Universitaires Européennes* p 85 ; Brouk, B., 1975, *Plants Consumed by Man*. Academic Press, London. p 240 (As *Butyrospermum paradoxum* subsp. parkii) ; Burkill, I.H., 1966, *A Dictionary of the Economic Products of the Malay Peninsula*. Ministry of Agriculture and Cooperatives, Kuala Lumpur, Malaysia. Vol 1 (A-H) p 388 (As *Butyrospermum parkii*) ; Burkill, H. M., 1985, *The useful plants of west tropical Africa*, Vol. 5. Kew. ; Busson, 1965, ; Chapman, J. D. & Chapman, H. M., 2001, *The Forest Flora of Taraba and Andamawa States, Nigeria*. WWF & University of Canterbury. p 203 ; Codjia, J. T. C., et al, 2003, Diversity and local valorisation of vegetal edible products in Benin. *Cahiers Agricultures* 12:1-12 ; Dalziel, J. M., 1937, *The Useful plants of west tropical Africa*. Crown Agents for the Colonies London. ; Facciola, S., 1998, *Cornucopia 2: a Source Book of Edible Plants*. Kampong Publications, p 226 (As *Butyrospermum paradoxum* subsp. parkii) ; FAO, 1988, *Traditional Food Plants*, FAO Food and Nutrition Paper 42. FAO Rome p 125 (As *Butyrospermum paradoxum* subsp. parkii) ; Flowerdew, B., 2000, *Complete Fruit Book*. Kyle Cathie Ltd., London. p 245 (As *Butyrospermum paradoxum* subsp. parkii) ; Food Composition Tables for use in Africa FAO <http://www.fao.org/infoodsdirectory> No. 1029 (As *Butyrospermum paradoxum* subsp. parkii) ; Gaisberger, H., et al, 2017, Spatially explicit multi-threat assessment of food tree species in Burkina Faso: A fine-scale approach. *PLoS ONE* 12 (9): e0184457 ; Gallagher, D. 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Part 2: Sub-Saharan Africa*, Report to the Department of State Agency for International Development. p 43 (As *Butyrospermum paradoxum* subsp. parkii) ; Grubben, G. J. H. and Denton, O. A. (eds), 2004, *Plant Resources of Tropical Africa 2. Vegetables*. PROTA, Wageningen, Netherlands. p 565 ; Gueye, M., et al, 2014, *Wild Fruits Traditionally Gathered by the Malinke Ethnic Group in the Edge of Niokolo Koba Park (Senegal)*. *American Journal of Plant Sciences* 5, 1306-1317 ; Hedrick, U.P., 1919, (Ed.), *Sturtevant's edible plants of the world*. p 140 (As *Butyrospermum paradoxum* subsp. parkii) ; Heubach, K., 2011, *The socio-economic importance of non-timber forest products for rural livelihoods in West African savanna ecosystems: current status and future trends*. PhD dissertation. Johann Wolfgang Goethe-Universität. Frankfurt ; Hu, Shiu-ying, 2005, *Food Plants of China*. The Chinese University Press. p 618 (As *Butyrospermum parkii*) ; Ibrahim, H. 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Fourteen Wild Edible Fruits from Burkina Faso. *Molecules* 2008,13, 581-594 ; Leakey, R. R. B., 1999, Potential for novel food products from agroforestry trees: A review. *Food Chemistry*. 66:1-14 ; Le Houerou, H. N., (Ed.), 1980, *Browse in Africa. The current state of knowledge*. International Livestock Centre for Africa, Ethiopia. p 163 (As *Butyrospermum paradoxum*) ; Lulekal, E., et al, 2011, Wild edible plants in Ethiopia: a review on their potential to combat food insecurity. *Afrika Focus - Vol. 24, No 2*. pp 71-121 (As *Butyrospermum paradoxum* subsp. parkii) ; Lulekal, E., et al, 2011, Wild edible plants in Ethiopia: a review on their potential to combat food insecurity. *Afrika Focus - Vol. 24, No 2*. pp 71-121 ; Lykke, A. M., Mertz, O, and Ganaba, S., 2002, Food Consumption in Rural Burkina Faso, *Ecology of Food and Nutrition*, 41:119-152 ; Martin, F. W., et al, 1987, *Perennial Edible Fruits of the Tropics*. USDA Handbook 642 p 59 (As *Butyrospermum paradoxum* subsp. parkii) ; Maydell, H. von, 1990 *Trees and shrubs of the Sahel: their characteristics and uses*. Margraf. p 203 (As *Butyrospermum parkii*) ; Menninger, E.A., 1977, *Edible Nuts of the World*. Horticultural Books. Florida p 31 (As *Butyrospermum paradoxum* subsp. parkii) ; Mertz, O., Lykke, A. M., and Reenberg, A., 2001, Importance and Seasonality of Vegetable Consumption and Marketing in Burkina Faso. *Economic Botany*, 55(2):276-289 ; MORTIMORE ; Muller, J. & Almedom, A. M., 2008, What is *â€œFamine Foodâ€•? Distinguishing Between Traditional Vegetables and Special Foods for Times of Hunger/Scarcity* (Boumba, Niger). *Hum Ecol* (2008) 36:599â€“607 ; Nikiema, A. & Umali, B.E., 2007. *Vitellaria paradoxa* C.F.Gaertn. [Internet] Record from Protabase. van der Vossen, H.A.M. & Mkamilo, G.S. (Editors). PROTA (Plant Resources of Tropical Africa), Wageningen, Netherlands. < <http://database.prota.org/search.htm>>. Accessed 23 October 2009 ; N'Danikou, S. et al, 2010, Eliciting Local Values of Wild Edible Plants in Southern BÃ©nin to Identify Priority Species for Conservation. *Economic Botany*, 20(10), 2011, pp. 1â€“15. ; N'Diaye, M., et al., 2003, Principle fruits of gathering consumed and marketed in Guinea. *Fruits*, Vol. 58: 99-116 ; Ojelel, S. & Kakudidi, E. K., 2015, Wild edible plant species utilized by a subsistence farming community in the Obalanga sub-county, Amuria district, Uganda. *Journal of Ethnobiology and Ethnomedicine*. 11:7 ; Ojelel, S., et al, 2019, Wild edible plants used by communities in and around selected forest reserves of Teso-Karamoja region, Uganda. *Journal of Ethnobiology and Ethnomedicine* (2019) 15:3 ; Oryema, C., et al, 2013, Edible wild fruit species of Gulu District, Uganda. *International Journal of Biology and Biological Sciences* Vol 2(4) pp 068-082 ; Peters, C. R., O'Brien, E. M., and Drummond, R.B., 1992, *Edible Wild plants of Sub-saharan Africa*. Kew. p 184 ; Purseglove, J.W., 1968, *Tropical Crops Dicotyledons*, Longmans. p 644 ; Raebild, A., et al, 2010, Advances in domestication of indigenous fruit trees in the West African Sahel. *New Forests* (2011) 41:297â€“315 ; Royal Botanic Gardens, Kew (1999). Survey of Economic Plants for Arid and Semi-Arid Lands (SEPASAL) database. Published on the Internet; <http://www.rbgekew.org.uk/ceb/sepasal/internet> [Accessed 11th June 2011] ; Segnon, A. C. & Achigan-Dako, E. G., 2014, Comparative analysis of diversity and utilization of edible plants in arid and semi-arid areas in Benin. *Journal of Ethnobiology and Ethnomedicine* 2014, 10:80 ; Suppl. carp. 2(2):131, t. 205. 1807 ; Smith, P.M., 1979, Shea butter tree, in Simmonds, N.W., (ed), *Crop Plant Evolution*. Longmans. London. p 321 (As *Butyrospermum paradoxum* subsp. parkii) ; Taxon 11:227. 1962 ; Uphof, (As *Butyrospermum paradoxum* subsp. parkii) ; Ugese, F. D., et al, 2008, Nutritional composition of shea (*Vitellaria paradoxa*) fruit pulp across its major distribution zones in Nigeria. *Fruits*, Vol. 63, p. 163-170 ; Umaru, H. A. et al, 2007, Levels of antinutritional factors in some wild edible fruit of Northern Nigeria. *African Journal of Biotechnology* Vol.6 (16) pp. 1935-1938 ; Vickery, M.L. and Vickery, B., 1979, *Plant Products of Tropical Africa*, Macmillan. p 32 (As *Butyrospermum paradoxum* subsp. parkii) ; Vivien, J., & Faure, J.J., 1996, *Fruitiers Sauvages d'Afrique*. *Especies du Cameroun*. CTA p 326 ; Wickens, G.E., 1995, *Edible Nuts*. FAO Non-wood forest products. FAO, Rome. p 80, 153 ; www.worldagroforestrycentre.org/treedb/ ; Yaradua, S. S. & El-Ghani, M. A., 2015, Ethnobotanical Survey of Edible Plants Sold in Katsina Metropolis Markets. *International Journal of Science and Research (IJSR)*. 4(12)