

Canarium schweinfurthii Engl.

Identifiants : 6128/cansch

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 : Rosidées ;
- Clade : Malvidées ;
- Ordre : Sapindales ;
- Famille : Burseraceae ;

- Classification/taxinomie traditionnelle :

- Règne : Plantae ;
- Division : Magnoliophyta ;
- Classe : Magnoliopsida ;
- Ordre : Sapindales ;
- Famille : Burseraceae ;
- Genre : Canarium ;

- Synonymes : Canarium chevalieri Guill, Canarium khlala A. Chev, Canarium occidentale A. Chev ;

- Nom(s) anglais, local(aux) et/ou international(aux) : Incense tree, African elemi, African canarium, , Agbabubu origbo, Agbaka, Auele, Ambah, Atile, Be, Beele, Bele, Bobele, Boele, Bombele, Dolo, Ebenetidok, Empafu, Etu, Faka, Ibele, Isinge, Kasuku, Liang, Limbini, Mbani, Mbe, Mbele, Mbidi, Mbili, Misuku, Modjetchale, Mpafu, Mubafu, Musuku, Muwafu, Nbe, Nde, Obele, Oclanca, Okpoko, Opi, Owele, Oyele, Papo canary tree, Purple canary tree, Sawa, Shele, Sigonfi, Tchwele, Tiongo, Toe, Ube, Ubemgba, Ube okpoko, Ube osa ;



- Note comestibilité : ***

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

Parties comestibles : noix, graines, pulpe de fruits^{[[[0(+x) (traduction automatique)]]]} | Original : Nuts, Seed, Fruit pulp^{[[[0(+x)]]]} Le fruit est mangé après avoir été légèrement bouilli et saupoudré d'un peu de sel. On les laisse tremper pendant 2-3 jours pour se ramollir. Il est également rôti ou frit. Les graines sont parfois consommées cuites. Les graines sont une source d'huile utilisée comme substitut du beurre de karité

Partie testée : fruit^{[[[0(+x) (traduction automatique)]]]}
Original : Fruit^{[[[0(+x)]]]}

Taux d'humidité	Énergie (kj)	Énergie (kcal)	Protéines (g)	Pro-vitamines A (µg)	Vitamines C (mg)	Fer (mg)	Zinc (mg)
43.3	518	123	4.0	0	0	0	0



néant, inconnus ou indéterminés.

- Note médicinale : ***

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



Par Muhles, via wikimedia

- Liens, sources et/ou références :

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

dont classification :

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

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

Abbiw, D.K., 1990, *Useful Plants of Ghana. West African uses of wild and cultivated plants. Intermediate Technology Publications and the Royal Botanic Gardens, Kew.* p 46 ; Abayeh, O. J., Abdulrazaq, A. K., Olaogun, R., 1999, *Quality characteristics of Canarium schweinfurthii Engl. Oil. Plant Foods Human Nutrition* 54(1), pp. 43-47. ; Agbo, N.G., Kouamã, C.O. and Simard, R.E., 1992, *Canarium schweinfurthii Engl. Chemical composition of the fruit pulp, Journal of the American Oil Chemist's Society.* 69 (4): pp. 317-319. ; Agea, J. G., et al 2011, *Wild and Semi-wild Food Plants of Bunyoro-Kitara Kingdom of Uganda: etc. Environmental Research Journal* 5(2) 74-86 ; Awodoyin, R.O., Olubode, O.S., Ogbu, J.U., Balogun, R.B., Nwawuisi, J.U. and Orji, K.O., 2015, *Indigenous Fruit Trees of Tropical Africa: Status, Opportunity for Development and Biodiversity Management. Agricultural Sciences*, 6, 31-41 ; Bircher, A. G. & Bircher, W. 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C. de Candolle, *Monogr. phan.* 4:145. 1883 ; Dongmo, P.M.J., Tchoumboungang, F., Ndongson, B., Agwanande, W., Sandjon, B., Zollo, P.H.A and Menut, C., 2010, *Chemical characterization, antiradical, antioxidant and anti-inflammatory potential of the essential oils of Canarium schweinfurthii and Aucoumea klaineana (Burseraceae) growing in Cameroon. Agric. Biol. J. N. Am* 1(4): pp. 606-610 ; Ekoh, U. P. (2009): *Nutritional, Anti-nutritional and Physio-chemical Composition of African Elemi Pulp*, p.40. ; Eromosele, L. C., Ida, M., and Eromosele, C. O., 2001, *Nutritional evaluation of Canarium schweinfurthii Engl. Seeds. Journal of Tropical Agriculture* 39, p. 193 ; Exell, A.W. et al, (Ed), 1963, *Flora Zambesiaca Vol 2 Part 1 Crown Agents, London.* p 283 ; Facciola, S., 1998, *Cornucopia 2: a Source Book of Edible Plants. Kampong Publications*, p 62 ; FAO, 1995, *Edible Nuts. Non Wood Forest Products* 5. ; Focho, D. A., et al, 2009, *Ethnobotanical survey of Trees in Fundong, Northwest Region, Cameroon. Journal of Ethnobiology and Ethnomedicine*, 5:17 ; *Food Composition Tables for use in Africa FAO* <http://www.fao.org/infoods/directory> No. 1000 ; Fowler, D. G., 2007, *Zambian Plants: Their Vernacular Names and Uses. Kew.* p 15 ; Godfrey, J. et al, 2013, *Harvesting, preparation and preservation of commonly consumed wild and semi-wild food plants in Bunyoro-Kitara Kingdom, Uganda. Int. J. Med. Arom. Plants. Vol.3 No.2* pp 262-282 ; Gohre, A., et al, 2016, *Plants from disturbed savannah vegetation and their usage by Bakongo tribes in Uãge, Northern Angola. Journal of Ethnobiology and Ethnomedicine* (2016) 12:42 ; Goode, P., 1989, *Edible Plants of Uganda. FAO* p 27 ; Hart, T. B. and Hart, J. A., 1986, *The Ecological Basis of Hunter-Gatherer Subsistence in African Rain Forests: The Mbuti of eastern Zaire. Human Ecology. Vol. 14, No. 1.* pp 29-55 ; Hoare A. 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