

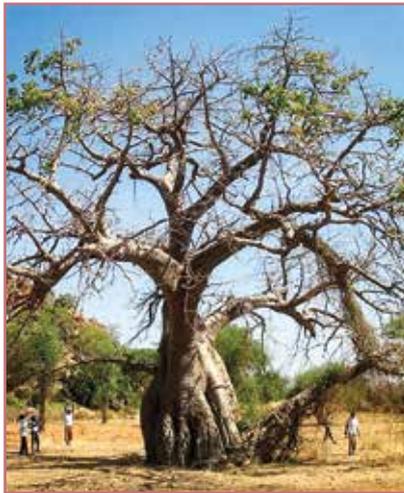
# Fact Sheet: BAOBAB

*Adansonia digitata*

## Common Names

<b>Oshiwambo:</b>	Omukwa
<b>Kwangali:</b>	Euyu
<b>Otjiherero:</b>	Omuzu
<b>Zambezi:</b>	Mubuyu
<b>San:</b>	//om, //um
<b>German:</b>	Affenbrotbaum
<b>Afrikaans:</b>	Kremetartboom

## Introduction



▲ (Photo: World Agroforestry Centre)

## Description

The Baobab is a deciduous tree with a massive convoluted trunk and wide-spreading branches that carry a large round canopy reaching a height of up to 25 m. It has large palmate leaves and showy whitish flowers. The flowers and large ovoid fruit, which have an olive-green velvety covering hang from long stalks. The fruit are capsules with a hard, woody shell and many seeds embedded in a whitish powdery fruit pulp (Sidibe M, 2002), (Curtis & Mannheimer, 2005).

## Traditional knowledge

The bark and fruit are used in traditional medicine. The fruit pulp is

generally eaten or mixed with milk or cooked like porridge (NBRI, 2019), (Curtis & Mannheimer, 2005).

## Status – Namibia: protected



## Distribution

◀ (Mannheimer, 2015)

## Composition and Use

The fruit shell is broken and the white pulp separated from the seeds. The pulp is used in various speciality and health foods. The seeds are rich in protein and fat and can be roasted and eaten as snack or pressed into oil for consumption and industrial use, particularly for cosmetic products (du Plessis & Gamond, 2004)



▲ Baobab fruit, seeds and pulp (Photo: Tuli Kaapanda).

The seed oil consists of palmitic acid (25 - 46%), oleic acid (21 - 59%), linoleic acid (12 - 29%) and  $\beta$ -Sitosterol (75%) (Sidibe M, 2002). The fruit pulp is rich in tartaric, ascorbic and malic acids.

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