

# Fact Sheet: MANKETTI

*Schinziophyton rautanenii*

## Common Names

<b>Silozi, Kwangali,</b>	Mungongo
<b>Tswana:</b>	Omunkete / Omunghete
<b>Setswana:</b>	Mongongo
<b>Otjiherero:</b>	Omungete
<b>!Kung:</b>	//Xa
<b>German:</b>	Manketti
<b>Afrikaans:</b>	Manghetti

## Introduction



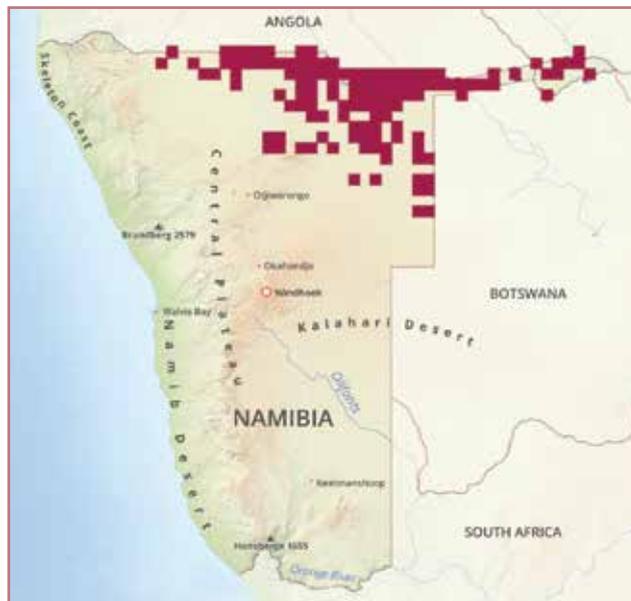
A large deciduous tree with a rounded spreading crown and yellowish-grey smooth bark often with peeling pieces. The compound leaves are dark green with a fine woolly covering underneath. The flowers are yellow, unisexual and occur on different trees. The oval fruit is brownish when dry and contains nutlike seeds that are enclosed in a hard shell (Curtis & Mannheimer, 2005).

## Traditional knowledge and use

Fruit pulp and nuts have a long history of use as food not only among the San people of northern Namibia, but is also still eaten (especially the oil and oily cake) in Kavango regions and eastern Ohangwena as 'drought food'. The nuts have a pleasant taste and can be stored for most of the year. Seed oil has been used as body rub and skin moisturiser.



## Status Namibia: protected



## Distribution

*S. rautanenii* occurs on sandy soils in deciduous woodland, along rivers, mostly on Kalahari sand (Irish, 2018). It thrives in high temperatures and occurs abundantly in large stands stretching for several kilometres.

## Composition and use

The yellow oil contains, among linoleic and oleic acid, the unique conjugated fatty acid  $\alpha$ -eleostearic acid. The oil is a highly valued emollient that hydrates, nourishes and protects the skin from ultraviolet radiation and is therefore widely used as a cream, lotion and ointment (Mohammad & Mahmood, 2005). Mongongo oil is also valued for its use in cosmetic hair treatments (Mallet, et al., 2015).



INCI: MONGONGO SEED OIL

## REFERENCES

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- Mohammad, A. & Mahmood, N., 2005. Taxonomic perspective of plant species yielding vegetable oils used in cosmetics and skin care products. *Afr. J. Biotechnol.*, April, p. 36-44.



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