

Sclerocarya birrea (A.Rich.) Hochst., 1844 (Marula)

Identifiants : 3081/sclbir

Fiche réalisée par Patrick Le Ménahèze ([Le Potager de mes/nos Rêves](#))
Dernière modification le 22/09/2020

- Classification/taxinomie :
 - Famille : Anacardiaceae ;
- Nom(s) anglais et/ou international(aux) : Ethiopian marvola nut, maroola plum, marula ;
- Rapport de consommation et comestibilité/consommabilité inférée (partie(s) utilisable(s) et usage(s) alimentaire(s) correspondant(s)) : Partie(s) comestible(s) : noyaux, fruit, noix, légume, feuilles, graine.
Utilisation(s)/usage(s) culinaires :
 - les fruits sont consommés ; le jus est aussi fermenté pour produire une sorte de cidre, etc... ;
 - le noyau huileux est consommé ;
 - feuilles cuites (ex. : comme potherbe) ? (qp*).



Précautions à prendre :

néant, inconnus ou indéterminés.

- Liens, sources et/ou références :

dont classification :

- ["The Plant List" \(en anglais\)](#) ;
- [INPI \(recherche en anglais\)](#) ;

dont Google (recherche de/pour) "Sclerocarya birrea" : [pages](#), [images](#) / "Marula" : [pages](#) ;

dont livres et bases de données : 0"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 48 ; Asfaw, Z & Woldu, Z., 2013, *Ethnobotany of Wild and Semi-wild Edible Plants of Konso Ethnic Community, South Ethiopia. Ethnobotany Research and Applications.* 11:121-141 ; Akinnifesi F. K., et al, 2008, *Early growth and survival of three miombo woodland fruit tree species under fertilizer, manure and dry-season irrigation in southern Malawi. Forest Ecology and Management* 255:546-557 ; Ambasta S.P. (Ed.), 2000, *The Useful Plants of India. CSIR India.* p 561 ; Asfaw, Z. and Tadesse, M., 2001, *Prospects for Sustainable Use and Development of Wild Food Plants in Ethiopia. Economic Botany, Vol. 55, No. 1, pp. 47-62* ; Ayantunde, A. A., et al, 2009, *Uses of Local Plant Species by Agropastoralists in South-western Niger. Ethnobotany Research and Applications. Vol. 7: 53-66* ; Cheikhyoussef, A & Embashu, W., 2013, *Ethnobotanical knowledge on Indigenous fruits in Ohangwena and Oshana regions in Northern Namibia. Journal of Ethnobiology and Ethnomedicine* 9:34 ; Cundall, P., (ed.), 2004, *Gardening Australia: flora: the gardener's bible. ABC Books.* p 1327 ; Dale, I. R. and Greenway, P. J., 1961, *Kenya Trees and Shrubs. Nairobi.* p 30 ; Engelter, C. & Wehmeyer, A. S., 1970, *Fatty Acid Composition of Oils of Some Edible Seeds of Wild Plants. Journal of Agricultural and Food Chemistry.* 18(1): 25-26 ; Facciola, S., 1998, *Cornucopia 2: a Source Book of Edible Plants. Kampong Publications,* p 10 ; Flora 27 (Bes. Beil.):1. 1844 ; Fowler, D. G., 2007, *Zambian Plants: Their Vernacular Names and Uses. Kew.* p 8 ; Goode, P., 1989, *Edible Plants of Uganda. FAO* p 30 ; Goode, P., 1989, *Edible Plants of Uganda. FAO* p 37 ; Grivetti, L. E., 1980, *Agricultural development: present and potential role of edible wild plants. Part 2: Sub-Saharan Africa, Report to the Department of State Agency for International Development.* p 41, 44 ; Grubben, G. J. H. and Denton, O. A. (eds), 2004, *Plant Resources of Tropical Africa 2. Vegetables. PROTA, Wageningen, Netherlands.* p 564 ; Hanawa, Y., 2013, *Wild edible plants used by Guiziga people of far north region of Cameroon. Int. J. Med. Arom. Plants. Vol 3 (2) : 136-143* ; Hedrick, U.P., 1919, (Ed.),

Sturtevant's edible plants of the world. p 599 ; Jardin, C., 1970, *List of Foods Used In Africa*, *FAO Nutrition Information Document Series No 2*.p 36, 161 ; Johns, T., Mhoru, E. B. and Sanaya, P., 1996, *Food Plants and Masticants of the Batemi of Ngorongoro District, Tanzania*. *Economic Botany*, Vol. 50, No. 1, pp. 115-121 ; Keay, R.W.J., 1989, *Trees of Nigeria*. Clarendon Press, Oxford. p 374 ; Leakey, R. R. B., 1999, *Potential for novel food products from agroforestry trees: A review*. *Food Chemistry*. 66:1-14 ; 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 ; Malaisse, F., 1997, *Se nourrir en floret claire africaine. Approche ecologique et nutritionnelle*. CTA., p 67 ; Mannheimer, C. A. & Curtis. B.A. (eds), 2009, *Le Roux and Muller's Field Guide to the Trees and Shrubs of Namibia*. Windhoek: Macmillan Education Namibia. p 274 ; Martin, F. W., et al, 1987, *Perennial Edible Fruits of the Tropics*. *USDA Handbook 642* p 14 ; Maundu, P. et al, 1999, *Traditional Food Plants of Kenya*. *National Museum of Kenya*. 288p ; Maydell, H. von, 1990 *Trees and shrubs of the Sahel: their characteristics and uses*. *Margraf*. p 369 ; Menninger, E.A., 1977, *Edible Nuts of the World*. *Horticultural Books*. Florida p 54 ; 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 ; Maroyi, A., 2011, *The Gathering and Consumption of Wild Edible Plants in Nhema Communal Area, Midlands Province, Zimbabwe*. *Ecology of Food and Nutrition* 50:6, 506-525 ; MORTIMORE ; 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 ; Pakia, M., 2000, *Plant Ecology and Ethnobotany of two sacred forests (Kayas) at the Kenya Coast*. *M. Sc. Thesis*. ; van Wyk, Be, & Gericke, N., 2007, *People's plants. A Guide to Useful Plants of Southern Africa*. *Briza*. p 24, 56 ; Vivien, J., & Faure, J.J., 1996, *Fruitiers Sauvages d'Afrique. Espèces du Cameroun*. CTA p 28 ; Wehmeyer, A. S, 1986, *Edible Wild Plants of Southern Africa. Data on the Nutrient Contents of over 300 species*. ; Wickens, G.E., 1995, *Edible Nuts*. *FAO Non-wood forest products*. *FAO, Rome*. p 108