

(c) Bernard Dupont



(c) Marie de Brouwer



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Sclerocarya birrea subsp. Caffra

family : Anacardiaceae

ENG: Marula
GIR: Mfula, Mufula
KSW: Mgongo

Single stemmed tree to 18M

The edible fruit ripens after falling to the ground. Alcohol is made from pulp, and seeds within the stone are edible and also used for oil. The leaves are edible when cooked. Fruit is fed to livestock and the the seeds eaten by rodents.

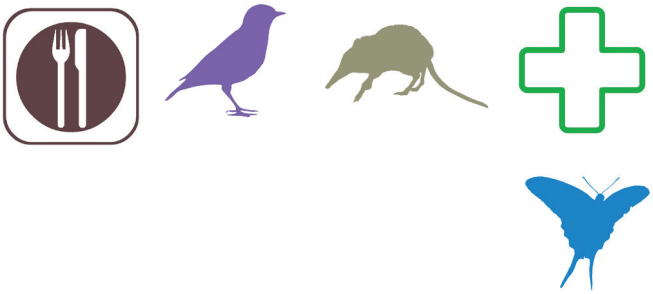
Marula oil has natural antioxidants and a is 10 times more stable to oxidation than olive oil.

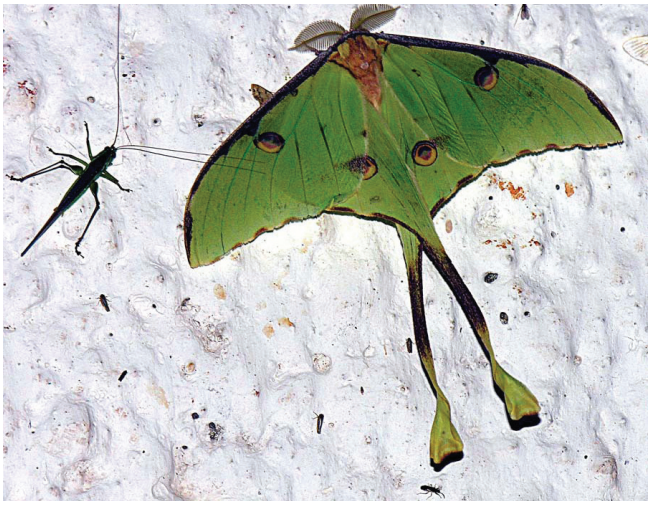
The leaves, bark and roots are used medicinally.

Larval food plant to Argema mimosae – African Moon Moth

Propagate from seeds and cuttings.

Note: this tree is dioecious - you need a male and female tree for pollination.





(c) Dick Culbert