

Garcinia livingstonei

Guttiferae

Indigenous

- Common names:** **Hehe:** mpipete; **Nyam:** kanala; **Swah:** mpekechu, mutumbi.
- Ecology:** This tree is widespread in riverine forest and in open woodland in low-altitude tropical Africa, 0-1,800 m; often under larger trees.
- Uses:** Food (fruit), medicine (leaves), utensils (twigs), soil conservation, fodder.
- Description:** A distinctive evergreen tree or shrub, 2-10 m, with a short bole. Garcinia bark exudes drops of yellow to red latex when damaged. **Tough erect branches** producing a heavy conical crown. **BARK:** dark grey-black, ridged. **LEAVES:** stiff and leathery **in pairs or threes**, 4–14 cm, edge usually wavy, **the veins irregular and raised on shiny upper surface**. **FLOWERS:** cream-green, in small clusters, a sweetish smell, small green buds sticky with resin. **FRUIT:** **yellow-orange oval, 2.5 cm** diameter, very many, edible, acid-sweet, up to 5 seeds.
- Propagation:** Seedlings.
- Seed info.:** No. of seeds per kg: about 500. Germination is good and fast.
- treatment:** not necessary.
- storage:** seeds should not be stored; they lose viability within a few weeks.
- Management:** Fairly fast growing.
- Remarks:** Trees in this family have yellow sap and resin or oil glands. Leaf extracts have shown some antibiotic properties. Wild animals browse the leaves. Twigs are used in some areas to stir porridge.

