

Wild Mango *Irvingia spp.*



The wild mango tree is very tall and can reach 50 meters high and 2 meters and half in diameter. Its bark is gray in color. There are two varieties of wild mango, one is "sweet" (*I. Gabonensis*) and the other has a bitter "skin" (*I. Wombolu*). The germination rate of these two species is 80%.

Local names

Different local names for wild mango.

Tribe	Local name
Ewondo	Andok
Bangangté	Bush mangolo
Bassa	Ndoka, mwiba
Boulou	En'doé, and'o
Mvae	Ando
Maka	Nouak
Douala	njaka
Bibaya pygmies	Pékié
Bayang	besay
maka	pékié

Production area

I. Gabonensis can be found in the humid forest zone of Cameroon, while *I. Wombolu* is more localized in the south west of the country.

Nutritional value for 100g of powder

Andok and its main substitute provide energy, macro-nutrients, calcium and iron (for 100g of the edible part).

Calories	(Kcal)	706
Proteins	(g)	8
Lipids	(g)	73
Glucides	(g)	17
Calcium	(Mg)	133
Iron	(Mg)	4

Weight

The fruit of the *I. Gabonensis* weighs about 200g, while the *I. Wombolu* weighs about 85g when harvested.

Harvesting

Both varieties do not produce during the same season. *I. Gabonensis* produce fruit from June to August, while *I. Wombolu* does so from January to March. Before harvesting of fruits, trees that have produced are identified and then the area around the tree where the fruits will fall when they are ripe is cleared. Harvesting is done by families (women and children). The harvesting of fruits is done only by gathering. The fruits are gathered in bags or in baskets and are transported to the village. These fruits are kept a few days so that they rot, to facilitate "crushing".

Processing

According to demand, wild mango fruits go through 4 main processing stages:

1. Kernels:

There are two possibilities:

- After the skin rot, the fruit is broken with a hammer or a stone; or split the green fruits with a sharp machete or any other instrument. This activity is mainly carried out in the forest.
- Among the "Bétis", whom export them to Gabon, the nuts are peeled after being soaked in water or not. Anglophones export them to Nigeria; they leave the nuts with their integument (envelope covering the kernels).

2. Drying:

- The kernels (with or without skin) are dried in the sun or smoked.



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3. Paste:

- It is obtained from very dry kernels. The nuts are fried in a little bleached palm oil and later crushed. A paste with chocolate color is obtained and placed in a mould (plates, buckets). These moulds are exposed in the sun or fire for solidification.

4. Powder:

- The powder of wild mango is not common in markets. However, in certain areas in the south, there is a Common Initiative Group (CIG) that is trying to make it popular. It is easy to obtain; for this the paste is grated. This powder is used to make wild mango soup.

Medicinal value

The bark of the wild mango fruit tree is used in traditional pharmacopoeia for the treatment of hernia, diarrhea and yellow fever. It is also used as to cure wounds, toothache and as antidote.

Storage

When they are dried, the kernels are put in cane baskets. These baskets are kept safe from moisture. The well dried kernels can last more than a year.

The paste can be stored in a fridge or a dry place for more than two years.

Marketing

On the local market, Andok is more commercialized in the Anglophone zone among the "Bétis" and in cities like Yaounde and Douala. Andok from Cameroon is also sold on markets in the sub-region (Gabon, Nigeria and Equatorial Guinea) and internationally (France and Belgium).

It is sold in 4 forms: fruit, kernels without skin (or belt), kernels with skin (or belt), in paste (processed). The fruits are not very demanded on the market, consumers prefer the kernels. Seeds with "belts" (integument) are highly demanded in Nigeria and in the Anglophone part of Cameroon (South West and North West). Consumers in the Center, Littoral and East provinces and in France and Belgium, not forgetting countries in the sub region such as Gabon and Equatorial Guinea prefer nuts without "belts".

Preparation, recipes, complements

It can be used as an ingredient or a soup. As an ingredient, the powder of wild mango is added in other sauces (tomato, groundnut.) for a sticky effect and taste. In most cases, the powder of wild mango is used as the basic component of a soup. The mango soup is mainly eaten with corn fufu or cassava fufu. It can also be eaten with other products like rice, tubers and roots. Like in most sauces, Njansang and green condiments (celery, parsley, and baselic), as well as garlic and onion are always present. The wild mango does not have substitutes for its taste and its flavour.

Price

The price varies according to seasons of the year and demand. In certain markets, especially the Mfoundi market, some traders sell processed *Irvingia* (paste), this processing is an added value. At the Mfoundi market, studies carried out in 2003 show that processed Andok increased in price up at least 20% from the price of its raw nuts.