



Diversity and local transformation of indigenous edible fruits in sahelian domain of Cameroon

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1 ABSTRACT

The indigenous edible fruits are plant species known for their fruits eatable by human and they grow spontaneously in the wild land. They have enormous potential in contributing to nutrition and cash economy of small-scale farmers. In order to valorise them for a conservation and sustainable use, a study of the diversity of indigenous edible fruits and the local expertise of transformation was carried out in Far-North Region of Cameroon. For this, about 210 persons in four markets in Maroua and five villages bordering Maroua were interviewed to index species, the eaten parts of fruit, their local transformation and their other ethnobotanic potentials. The field expeditions and collection of specimens were permitted to determine the scientific names and the biological types of species. The results showed that in total, 38 species grouped into 29 genera and 19 families were identified as indigenous fruits. Twenty-five species were trees and 13 species were shrubs. *Ficus* was had seven species followed by *Vitex*, *Ziziphus*, *Lannea* with two species each. The leaves of four species are edible as salad or cooked as sauce. The pulp of *Adansonia digitata* is used for preparing refreshing juice when the seed of *Balanites aegyptiaca* are boiled and eaten like peanut or used for extracting oil. *Ziziphus mauritiana* have farinaceous pulp and it is used for preparing biscuits.
