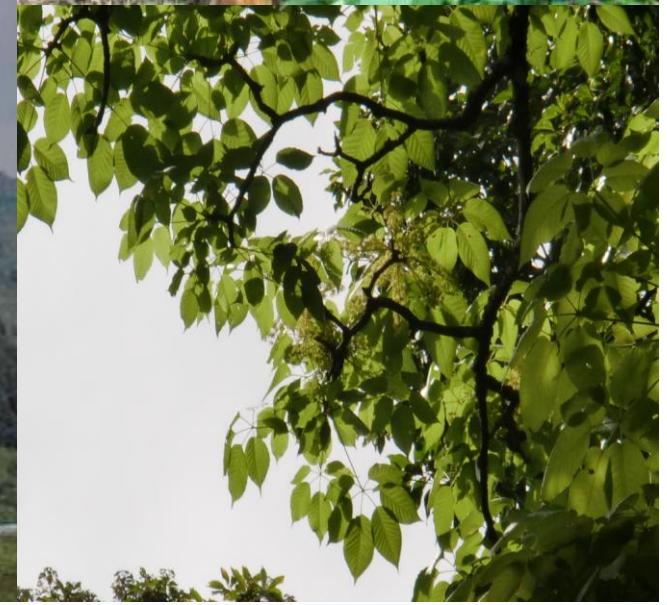


## Melliferous plants for Cameroon Highlands and Adamaua Plateau honey



# Melliferous plants for Cameroon Highlands and Adamaua Plateau honey

A **melliferous flower** is a plant which produces substances that can be collected by insects and turned into honey. Many plants are melliferous, but only certain plants have pollen and nectar that can be harvested by honey bees (*Apis mellifera adansonii* in Cameroon). This is because of the bee's physiognomy (their body size and shape, length of proboscis, etc.) A plant is classified as melliferous if it can be harvested by domesticated honey bees. This is a symbiotic relationship (both organisms benefit), with bees collecting nectar, and pollen for food, and useful plant substances to make propolis to fill gaps in the hive. Plants benefit from the transfer of pollen, which assures fertilization.

The tables of **1. Native & Forest Plants**,

# Melliferous plants for Cameroon Highlands and Adamaua Plateau honey

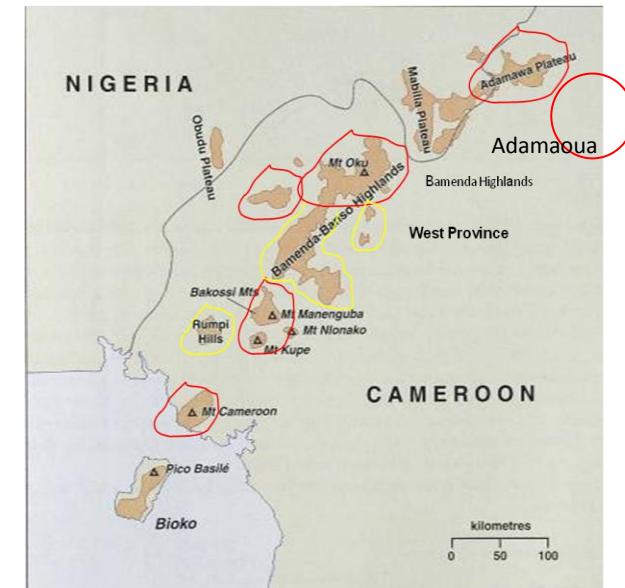
**2. Exotic, Agroforestry & Crop Trees** and **3. Bee hating trees** list many of the known melliferous plants in the Cameroon Highlands and Adamaua Plateau. This is the mountain range stretching from Mt Oku in the Northwest, through the Lebialem Highlands and Dschang, to Mt Kupe and Muanengouba and to Mt Cameroon in the Southwest. The information presented covers the flowering period, the resources harvested by bees (Nectar, pollen, propolis, and honeydew). It is worth noting that each plant does not produce the same quantity or quality of these resources, and even among species production varies due to location, altitude, plant health and climate. Digital copies of presentations with photos of some of the plants can be obtained from CIFOR [v.ingram@cgiar.org](mailto:v.ingram@cgiar.org), SNV, WHINCONET ([whinconet@yahoo.com](mailto:whinconet@yahoo.com)), ANCO ([tahkenny@yahoo.com](mailto:tahkenny@yahoo.com)) or ERUDEF [erudef@yahoo.com](mailto:erudef@yahoo.com) or [achahrobin@yahoo.com](mailto:achahrobin@yahoo.com)

This data was collected from 2007 to 2010 based on interviews with beekeepers in the Northwest and Southwest, observations, information obtained from botanists in Cameroon and internationally, observations and a review of literature. It was conducted with support from SNV and CIFOR as part of the GCP/RAF/408/EC Project *Mobilisation et Renforcement des Capacités des Petites et Moyennes Entreprises Impliquées dans les Filières Des Produits Forestiers Non Ligneux En Afrique Centrale*, lead by the FAO, and support from the CIFOR Congo Basin Forests and Climate Change Adaptation (COFCAA) Project, and Guiding Hope and SNV as part of the OAPI Project to develop a *Geographical Indication for Oku White Honey*. Many thanks to all those interviewed, and especially to Kenneth Tah, Jaff Francis, Robiin Achah, Stéphanie Tangkeu, Ousseynou Ndoye, Fernand-Nestor Tchuenguem Fohouo and Ebenezer Asaah for providing support, data and photos.

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## Contents

|  |    |
|--|----|
| 1. Native & Forest Plants .....            | 1  |
| 2. Exotic, Agroforestry & Crop Trees ..... | 14 |
| 3. Bee hating trees.....                   | 22 |

# Melliferous plants for Cameroon Highlands and Adamaua Plateau honey

## 1. Native & Forest Plants

| No  | Scientific name                  | Family        | Local name           | Altitude <sup>1</sup> | Flowering Season <sup>3</sup> | Location   | Plant type                                  | Honey type | Pollen | Nectar | Seed source <sup>2</sup>                                      | Other uses <sup>3</sup>                  | Ref        | Photo |
|-----|----------------------------------|---------------|----------------------|-----------------------|-------------------------------|--|---|------------|--------|--------|---|--|------------|-------|
| 1.  | <i>Acacia angustissima</i>       |               |                      | LMH                   | All year                      | Grassland hillsides, rock slopes, summits,                       | Small tree shrub                            |            |        |        | better grown from transplanted seedling than direct from seed | Leaves as Fodder                         | 14         |       |
| 2.  | <i>Acanthus sp.</i>              | Acanthaceae   | Bum                  |                       |                               | Fo   | Herbacé                                     |            |        |        |   |  | 21         |       |
| 3.  | <i>Adamsonia digitala (apox)</i> |               | Babob                | LM                    |                               | Savannah   |   |            |        |        |   |  | 7          |       |
| 4.  | <i>Aframomum sp</i>              |               | Gorilla food         |                       |                               |  | Shrub                                       |            |        |        |   |  | 13         | P     |
| 5.  | <i>Ageratum conyzoides</i>       | Astreraceae   |                      |                       | Rainy                         | Western highlands  | Herb, violet flowers                        |            | good   |        |   |  | 17         |       |
| 6.  | <i>Ageratum houstonianum</i>     | Astreraceae   |                      |                       | Rainy                         | Western highlands  | Herb, violet flowers                        |            | good   |        |   |  | 17         |       |
| 7.  | <i>Aguaria</i>                   | Ericaceae     | Heather              | H                     | Dry                           | montane  | Native                                      |            |        |        |   |  | 13, 15     | P     |
| 8.  | <i>Albizia adianthifolia</i>     | Mimosaceae    |                      | MH                    | Nov – April                   | Forest NW  | Tree, white greenish small flowers          |            |        |        | FAP   |  | 16, 13, 17 | P     |
| 9.  | <i>Albizia gummifera</i>         | Mimosaceae    | Peacock flower       | MH                    | June to August dec            | Sub montane/Montane Pl, Sv                                       | Tree to 30m/Shrub white flowers             |            |        |        | Seeds grow easily   | Tannin or dyestuff Bo                    | 14, 16 21  |       |
| 10. | <i>Albizia zygia</i>             |               | West African Albizia | L                     | Jan-April Aug – Sept          | Lowland coastal rainforests, Limbe, dry forest savannah in NW, W | Deciduous Tree 9-30m, white with red stamen |            |        |        | Wild Seedlings  | Young leaves as food for humans & fodder | 13, 14, 16 |       |
| 11. | <i>Alchrnea laxiflora</i>        |               |                      | MH                    |                               | NW   | Straggling herb                             |            |        |        |   |  | 16         |       |
| 12. | <i>Allophylus bullatus</i>       |               |                      | MH                    | May - august                  | Savannah gallery forest  | Shrub up to 7m hairy stalk                  |            |        |        |   |  | 16         |       |
| 13. | <i>Anacardium</i>                | Anacardiaceae |                      |                       |                               |  | Exotic                                      |            | Good   |        |   |  | 18         |       |

# Melliferous plants for Cameroon Highlands and Adamaua Plateau honey

| No  | Scientific name                 | Family      | Local name                               | Altitude <sup>1</sup> | Flowering Season <sup>3</sup> | Location                    | Plant type  | Honey type | Pollen    | Nectar | Seed source <sup>2</sup> | Other uses <sup>3</sup>                | Ref       | Photo |
|-----|---------------------------------|-------------|--|-----------------------|-------------------------------|-----------------------------|---|------------|-----------|--------|--------------------------|--|-----------|-------|
| 14. | <i>Arenga pinnata</i>           |             |  |                       |                               |                             |   |            |           |        |                          |  | 13        |       |
| 15. | <i>Aspilia africana</i>         | Asteraceae  |  |                       | rainy                         | Western highlands Pl, ja    | Herb, yellow flowers  |            | good      | good   |                          | Me                                     | 21 17     |       |
| 16. | <i>Avicennia germinans</i>      |             | mangrove                                 | L                     | Dry                           |                             |   |            |           |        |                          |  | 11        |       |
| 17. | <i>Avicennia marina</i>         |             | mangrove , grey mangrove                 | L                     | Dry                           |                             |   |            |           |        |                          |  | 11        |       |
| 18. | <i>Bidens pilosa</i>            | Asteraceae  | Black Jack, Daisy                        |                       |                               | Western highlands           | Herb white petals & yellow flowers                                |            | Very good | good   |                          | Medicinal                              | 6, 17, 18 | P     |
| 19. | <i>Brillantaisia nitens</i>     |             |  | MH                    | Oct- Dec                      | Rivers & marshes            | Perennial herb up to 3m, deep purple flowers                      |            |           |        |                          |  |           |       |
| 20. | <i>Brillantaisia owariensis</i> | Acanthaceae |  |                       |                               | Fo                          | Herbacé   |            | Ne        |        |                          |  | 21        |       |
| 21. | <i>Caesalpinia decapetala</i>   |             |  | MH                    | May – Nov                     | montane                     | Thorny scrambling shrub up to 50m, bright yellow scented clusters |            |           |        |                          |  | 16        |       |
| 22. | <i>Calliandra collothyrsus</i>  | Mimosaceae  |  |                       |                               | Pl, Ja                      | Arbuste   |            |           |        |                          |  | 21        |       |
| 23. | <i>Callistemon rigidus</i>      | Myrtaceae   |  |                       |                               | Ja                          | Arbre   |            |           |        |                          | Or                                     | 21        |       |
| 24. | <i>Caloncoba glauca</i>         |             |  |                       |                               |                             |   |            |           |        |                          |  | 13        |       |
| 25. | <i>Canarium indicum</i>         |             | Ngali nut, Canarium almond, Canarium nut | MH                    | Feb – March                   |                             |   |            |           |        |                          | FAP, AFRIACI G                         | 7, 16     | P     |
| 26. | <i>Canarium schwinfurthii</i>   | Burseraceae | Kefil Black, Canuba                      | LMH                   | Feb – March                   | Pl, Ja Forest, domesticated | Large tree to 60M   |            |           |        |                          | Fr, Me, Ac Resin (Canuba wax) propolis | 16 21     |       |
| 27. | <i>Capiscum frutescens</i>      | Solanaceae  | Chili, chilli pepper, pepé               |                       | rainy                         |                             | White flowers   |            | good      |        |                          | Edible fruit, condiment                | 17        |       |
| 28. | <i>Carapa grandiflora</i>       | Meliaceae   | Ebwn                                     |                       |                               | Fo                          | Arbre   |            |           |        |                          | Bo <sup>1</sup>                        | 21        |       |
| 29. | <i>Cassia hirsuta</i>           |             |  | MH                    |                               | NW                          | Perennial shrub   |            |           |        |                          |  | 16        |       |

# Melliferous plants for Cameroon Highlands and Adamaua Plateau honey

| No  | Scientific name               | Family        | Local name                   | Altitude <sup>1</sup> | Flowering Season <sup>3</sup> | Location  | Plant type   | Honey type | Pollen    | Nectar | Seed source <sup>2</sup>                                | Other uses <sup>3</sup> | Ref  | Photo  |
|-----|-------------------------------|---------------|------------------------------|-----------------------|-------------------------------|---|--|------------|-----------|--------|---|-------------------------|--|--------|
|     |                               |               |                              |                       |                               |   | orange yellow flowers                                  |            |           |        |   |                         |  |        |
| 30. | <i>Cassia singeana</i>        |               |                              | MH                    | Nov - April                   | NW  | Small woody tree, bight yellow flowers & purple centre |            |           |        |   |                         | 16   |        |
| 31. | <i>Ceiba pectandra</i>        |               | White Silk Cotton tree Kapok | MH                    | Dec- Feb                      | Forest  | Large tree 60M with buttresses,brown flowers           |            |           |        |   |                         | 16   |        |
| 32. | <i>Clausena annisata</i>      | Rutaceae      |                              |                       |                               | Sv, Fo,   | Arbuste  |            |           |        |   | Me                      | 21   |        |
| 33. | <i>Cola nitida</i>            | Sterculiaceae |                              |                       |                               | Pl, Ja  | Arbre  |            |           |        |   | Fr                      | 21   |        |
| 34. | <i>Cola sp</i>                | Sterculiaceae | Cola                         |                       | rainy                         | Montane   | Tree   |            | good      |        |   |                         | 13, 17   |        |
| 35. | <i>Combretum molle</i>        | Combretaceae  |                              | LM                    | End rainy season              | Woody savannah  | Small tree/Shrub                                       |            | Good      |        |   | Seeds grow easily       | Fodder, Timber - termite resistant Tannin dyestuff: leaves & roots | 14, 18 |
| 36. | <i>Commelina benghalensis</i> | Commelinaceae |                              |                       |                               | Fo, Sv  | Herbacé  |            |           |        |   | Me                      | 21   |        |
| 37. | <i>Commelina l.</i>           | Commelinaceae | Dayflower                    |                       |                               |   | Straggly herb  |            | Very good |        |   |                         | 18   |        |
| 38. | <i>Commiphora jacq.</i>       | Burseraceae   | Myrrh, corkwood              |                       |                               | Savannah  | Thorny shrubs  |            | Very good |        |   | Resins                  | 18   | P      |
| 39. | <i>Cordia platythyrsa</i>     | Boraginaceae  |                              | MH                    | March                         | Forest  | Large tree 30m, white flowers                          |            |           | good   |   |                         | 16, 17   |        |
| 40. | <i>Coreopsis sp.</i>          | Asteraceae    |                              |                       |                               | Pl  | Herbacé  |            | Po        |        |   |                         | 21   |        |
| 41. | <i>Crassocephalum mannii</i>  | Asteraceae    | Ngagan                       |                       |                               | Pl, Ja  | Arbuste  |            |           |        |   | Me                      | 21   |        |
| 42. | <i>Crotalaria sp.</i>         |               | Rattlepod, Rattlebox         |                       |                               |   | Legume   |            |           |        |   |                         | 6  | P      |
| 43. | <i>Croton macrostachyus</i>   | Euphorbiaceae | Broad leaved croton Ebjam    | LMH                   | March – June                  | secondary forests, forest edges, around lakes, moist or dry evergreen upland forests, woodlands, wooded | Tree up to 20m, girth to 3M, white scented flowers     | White      |           |        | seeds germina 30-60 days coppicing, wildings seedlings. | Fodder, firewood, ME AR | 14, 16 21  |        |

# Melliferous plants for Cameroon Highlands and Adamaua Plateau honey

| No  | Scientific name                | Family                     | Local name         | Altitude <sup>1</sup> | Flowering Season <sup>3</sup> | Location                   | Plant type   | Honey type                  | Pollen    | Nectar | Seed source <sup>2</sup> | Other uses <sup>3</sup>                           | Ref           | Photo |
|-----|--------------------------------|----------------------------|--------------------|-----------------------|-------------------------------|----------------------------|--|-----------------------------|-----------|--------|--------------------------|---|---------------|-------|
|     |                                |                            |                    |                       |                               | grasslands , Sv, Pl, Ja    |  |                             |           |        |                          |   |               |       |
| 44. | <i>Daniella Olivera</i>        | Leguminosae-Caesalpinaceae | Kéa (Kea), Daniela | M                     |                               | Savannah forest            | Low tree with wide, leguminous seed pods                   | Dark amber, liquid          | High      |        |                          | Bark has medicinal properties , fuel & timber     | 19            | P     |
| 45. | <i>Datura laevis</i>           | Solanaceae                 |                    |                       |                               | Fo, Pl                     | Arbuste  |                             |           |        |                          |   | 21            |       |
| 46. | <i>Dissotis thollonii</i>      | Melastomataceae            |                    |                       |                               | Sv, Ja                     | Herbacé  |                             |           |        |                          |   | 21            |       |
| 47. | <i>Dracaena arborea</i>        |                            | Dragon tree        | MH                    | Nov – Jan                     | Forest edge, Gallery farms | Tree, plam with white clusters flowers                     |                             |           |        |                          | Boundaries & live fencing, leaves used in baskets | 16            |       |
| 48. | <i>Elaeis guineensis</i>       | Arecaceae                  | African Oil palm   | LM                    | Rainy                         | Tropical African           | Cultivated palm Tree                                       | whitish                     | Very good |        |                          |   | 13, 17, 7     | P     |
| 49. | <i>Emilia coccinea</i>         | Asteraceae                 | Scarlet magic      |                       | Rainy                         | Western highlands          | Herb, deep yellow-organge flowers                          |                             | good      |        |                          | Medicinal plant, used in soaps                    | 17            | P     |
| 50. | <i>Emilia coccinea</i>         | Asteraceae                 |                    |                       |                               | Pl, Ja                     | Herbacé  |                             | Po        |        |                          | Me  | 21            |       |
| 51. | <i>Entada abyssinica</i>       |                            | Tree Entada        | MH                    | Jan - March May - August      | Savannah                   | Small tree/Shrub   |                             |           |        | Seeds grow easily        | Fodder: Ashes for soap making                     | 14, 16        |       |
| 52. | <i>Erythrina senegalensis</i>  |                            |                    | M                     | Sept - Jan                    | savannah                   | Prickly scrub up to 4m, bright red flowers                 |                             |           |        |                          |   | 16            |       |
| 53. | <i>Erythrophleum africanum</i> |                            |                    | MH                    | Jan - March                   | Savannah                   | Small tree, high spreading crown, cream to reddish flowers |                             |           |        |                          |   | 16            |       |
| 54. | <i>Eucalyptus saligna</i>      | Myrtaceae                  | Eucalyptus         | LMH                   | Nov - June                    |                            | Exotic Timber  | White with eucalyptus taste | good      | good   |                          |   | 2, 14, 17, 18 |       |
| 55. | <i>Eucalyptus</i> sp.          | Myrtaceae                  |                    |                       |                               | Pl, Ja                     | Arbre  |                             |           |        |                          | Or, Bo  | 21            |       |

# Melliferous plants for Cameroon Highlands and Adamaua Plateau honey

| No  | Scientific name                  | Family         | Local name                           | Altitude <sup>1</sup> | Flowering Season <sup>3</sup> | Location   | Plant type                          | Honey type | Pollen    | Nectar | Seed source <sup>2</sup> | Other uses <sup>3</sup>                                | Ref       | Photo |
|-----|----------------------------------|----------------|--------------------------------------|-----------------------|-------------------------------|--|-------------------------------------|------------|-----------|--------|--------------------------|--|-----------|-------|
| 56. | <i>Eugenia gilgii</i>            |                |                                      | MH                    | May - June                    | Secondary forests, woody savannah riverine fringing forest. Submontane | Small tree shrub                    | White      |           |        | Seeds                    | Timber for fences & poles                              | 14        |       |
| 57. | <i>Eugenia gilgii</i>            | Myrtaceae      |                                      |                       |                               | Fo   | Arbre                               |            |           |        |                          |  | 21        |       |
| 58. | <i>Ficus</i>                     | Moraceae       | Fig                                  |                       |                               |  |                                     |            | good      |        |                          |  |           |       |
| 59. | <i>Galinsoga ciliata</i>         | Asteraceae     |                                      |                       | rainy                         | PI Western highlands   | Herbacé Herb, yellow white flowers  |            | good      |        |                          | Me   | 17 21     |       |
| 60. | <i>Harugana madagascariensis</i> |                | Dragons Blood Tree                   | LM                    | Feb – April Dec- March        | Savannah or semi montane forest, fire resistant                        | Bushy shrub /small tree up to 35M   |            |           |        | seeds                    | Timber for tools, edible fruit, bark as food colouring | 7, 14, 16 |       |
| 61. | <i>Helianthus l.</i>             | Asteraceae     | sunflower                            |                       |                               |  | Pereenial tall herb, yellow flowers |            | good      |        |                          |  | 18        |       |
| 62. | <i>Helichrysum sp</i>            | Astreraceae    | Strawflower, sunflower , everlasting |                       |                               | Fo   | Arbuste                             |            |           |        |                          |  | 18 21     |       |
| 63. | <i>Hibiscus asper</i>            | Malvacaea      | Hibiscus                             | LM                    | rainy                         | Savannah   | Shrub, white with black ring        |            | good      | good   |                          | Weed, fodder   | 17        | P     |
| 64. | <i>Hypericum lanceolatum</i>     | Hypericaceae   |                                      |                       | rainy                         | Savannah & Forests, Western highlands                                  | Tree, white :yellowflowers          |            |           | good   |                          |  | 17        | P     |
| 65. | <i>Hypericum revolutum</i>       | Clusiaceae     | Femban ghelwn                        |                       |                               | Sv, Fo   | Arbuste                             |            |           |        |                          |  | 21        |       |
| 66. | <i>Ipomoea carnea</i>            | Convolvulaceae | Morning glory                        | LM                    | All year                      |  | Herb /bush pink whiteflowers        |            | good      | good   |                          |  | 17        |       |
| 67. | <i>Ipomoea triloba</i>           | Convolvulaceae | Bell flower                          | LM                    | All year                      |  | Climbing Herb violet                |            | good      | good   |                          |  | 17        | P     |
| 68. | <i>Ixora foliosa</i>             | Rubiaceae      |                                      |                       |                               | Fo   | Arbuste                             |            |           |        |                          |  | 21        |       |
| 69. | <i>Julbernardia sp.</i>          | Leguminosae    |                                      |                       |                               | savanna woodlands  | tree                                |            | Very good |        |                          |  | 18        |       |
| 70. | <i>Laguncularia racemosa</i>     |                | white buttonwood                     | L                     | Dry                           |  |                                     |            |           |        |                          |  | 11        |       |

# Melliferous plants for Cameroon Highlands and Adamaua Plateau honey

| No  | Scientific name                                | Family        | Local name | Altitude <sup>1</sup> | Flowering Season <sup>3</sup> | Location                                    | Plant type  | Honey type         | Pollen                         | Nectar | Seed source <sup>2</sup> | Other uses <sup>3</sup>  | Ref    | Photo |
|-----|--|---------------|------------|-----------------------|-------------------------------|---|---|--------------------|--------------------------------|--------|--------------------------|--|--------|-------|
| 71. | <i>Lannea edulis</i>                           | Anacardiaceae | Wild grape |                       |                               | forest                                      | African   |                    | Good                           |        |                          |  | 18     |       |
| 72. | <i>Leea gueineensis</i>                        |               |            |                       |                               |   |   |                    |                                |        |                          |  | 13     |       |
| 73. | <i>Leucaena leucocephala</i>                   | Mimosaceae    |            |                       |                               | Pl, Ja                                      | Arbuste   |                    |                                |        |                          |  | 21     |       |
| 74. | <i>Lophostoma lanceolata Van Tiegn Ex Keay</i> | Ochnaceae     | Kofia      | M                     |                               | Ngoundere                                   | oleaginous tree   | Dark amber, liquid |                                | High   |                          | Kofia oil seed kernels ménii oil or niam fat medicinal, skin & hair. | 3, 19  | P     |
| 75. | <i>Maesa lanceolata</i>                        |               |            | M                     | Feb- April                    | Savanna, near streams                       | shrub   |                    | Fruits nine months of the year |        |                          | forage   | 16     |       |
| 76. | <i>Maesa lanceolata</i>                        | Myrsinaceae   | Sehm       | MH                    | March – October               | Submontane & montane woody grassland Gf, Fo | Shrub/small tree  |                    |                                |        |                          | timber, tool handles, fuelwood Bo                                    | 14 21  |       |
| 77. | <i>Malkhamia tomentosa</i>                     |               |            | MH                    | April Sept - oct              | NW  | Small tree with yellowish hairs   |                    |                                |        |                          |  | 16     |       |
| 78. | <i>Mallotus oppositifolius</i>                 |               |            |                       | All year                      | NW  | Separate male & female low branching shrub, creamy white fragrant flowers |                    |                                |        |                          |  | 16     |       |
| 79. | <i>Mangifera indica</i>                        | Anacardiaceae |            |                       |                               | Pl, Ja                                      | Arbre   |                    |                                |        |                          | Fr, Me   | 21     |       |
| 80. | <i>Mansonia kamerunica</i>                     |               | Asosong    | MH                    | Dec – Feb                     | Forests                                     | Tree with white flowers, sweet fruits attract bees                        |                    |                                |        |                          |  | 16     |       |
| 81. | <i>Markhamia lutea</i>                         | Bignoniaceae  | Markhamia  | MH                    | Aug- Sept Dec – Jan           | Fallow and submontane forest edges          | Evergreen tree, trumpet yellow  |                    |                                | good   | From seeds               | Medicinal leaves   | 14, 17 |       |

# Melliferous plants for Cameroon Highlands and Adamaua Plateau honey

| No  | Scientific name                                   | Family       | Local name                 | Altitude <sup>1</sup> | Flowering Season <sup>3</sup> | Location                           | Plant type                                | Honey type | Pollen    | Nectar | Seed source <sup>2</sup>                           | Other uses <sup>3</sup>                             | Ref    | Photo |
|-----|---|--------------|----------------------------|-----------------------|-------------------------------|------------------------------------|---|------------|-----------|--------|--|---|--------|-------|
|     |   |              |                            |                       |                               |                                    | flowers                                   |            |           |        |  |   |        |       |
| 82. | <i>Melinis minutiflora</i>                        | Poaceae      |                            |                       |                               | PI                                 | Herbacé                                   |            | Po        |        |  | F   | 21     |       |
| 83. | <i>Milletia conraui</i>                           |              |                            | MH                    | Feb - April                   | Montane & Submontane forest        | Small tree shrub                          |            |           |        | Seeds  | Leaves fodder                                       | 14     |       |
| 84. | <i>Mimosa invisa</i>                              | Mimosaceae   | Sensitive plant            |                       | rainy                         | everywhere                         | Thorny bush, pink flowers                 |            |           | good   |  | Low Live Fence                                      | 17     |       |
| 85. | <i>Nicotiana tabacum</i>                          | Solanaceae   | Tobacco                    | LM                    | rainy                         |                                    | Large pernnieal herb, white-pink flowers  |            | good      |        |  | Leaves (smoking)                                    | 17     |       |
| 86. | <i>Nuxia congesta</i>                             | Buddlejaceae | Ebfian                     | MH                    | Late rainy                    | Kilum Ijum, montane forests Fo, PI | Shrub/small tree                          | White      |           |        | Direct seeding                                     | Fuel, firesticks Bo <sup>1</sup>                    | 14, 21 |       |
| 87. | <i>Nymphaea alba</i>                              | Nymphaeaceae | White water lily           | LMH                   | rainy                         |                                    | Water plant                               |            | good      | good   |  |   | 17     |       |
| 88. | <i>Nymphaea maculata</i><br><i>Nymphaea Lotus</i> |              | Waterlily                  | LM                    | All year                      | Lakes e.g. Bamessing, Bambui       | Water plant                               |            |           |        |  |   | 15     |       |
| 89. | <i>Pacourina</i>                                  | Asteraceae   |                            |                       |                               |                                    | exotic                                    |            | Very good |        |  | Edible fruits                                       | 18     |       |
| 90. | <i>Parkia biglobosa</i>                           |              | African locust bean        | L                     | March - April                 | Savannah                           | perennial deciduous small tree            |            |           |        | grafting or budding , or by rooting adult cuttings | seeds & pulp are for food Fuel Pods eaten by cattle | 14     |       |
| 91. | <i>Paulinia pinnata</i>                           |              |                            | M                     | Oct- March                    | NW distrubted forest & savannah    | Woody climber, Whitish spiralled tendrils |            |           |        |  |   | 16     |       |
| 92. | <i>Pavetta hockeriana</i>                         | Rubiaceae    |                            |                       |                               | Fo                                 | Arbuste                                   |            |           |        |  |   | 21     |       |
| 93. | <i>Phoenix reclinata</i>                          |              | Dwarf Date palm            | M                     | Oct - May                     | Savannah near rivers               | dwarf palm, cream coloured flowers        |            |           |        |  |   | 16     |       |
| 94. | <i>Phonenix reclinata</i>                         | Arecaceae    | Palm                       |                       | rainy                         | Tropical African                   | Cultivated palm tree, yellow flowers      |            | Very good |        |  |   | 17, 18 | P     |
| 95. | <i>Physalis angulata</i>                          | Solanaceae   | Cutleaf groundcherry, wild | MH                    | rainy                         |                                    | herbaceous annual plant flowers five      |            | good      | good   |  | Edible fruits                                       | 17     |       |

# Melliferous plants for Cameroon Highlands and Adamaua Plateau honey

| No   | Scientific name                 | Family         | Local name   | Altitude <sup>1</sup> | Flowering Season <sup>3</sup> | Location  | Plant type   | Honey type | Pollen | Nectar | Seed source <sup>2</sup> | Other uses <sup>3</sup>            | Ref               | Photo |
|------|---------------------------------|----------------|--|-----------------------|-------------------------------|---|--|------------|--------|--------|--------------------------|------------------------------------|-------------------|-------|
|      |                                 |                | tomato, camapu, and winter cherry is a widely-distributed known by several names |                       |                               |   | sided pale yellow. yellow-orange fruits inside a balloon-like calix. |            |        |        |                          |                                    |                   |       |
| 96.  | <i>Piliostigma thonningii</i>   |                |  | M                     | Dec - Jan                     | Savannah and forest edge                                | Bushy shrub to 6m, fragrant white drooping flowers                   |            |        |        |                          | 16                                 |                   |       |
| 97.  | <i>Pittosporum manni</i>        | Pittosporaceae | Eyheise  |                       |                               | Fo, Gf  | Arbuste  |            |        |        |                          | Co                                 | 21                |       |
| 98.  | <i>Podocarpus latifolius</i>    | Podocarpaceae  |  |                       |                               | Fa  | Arbre  |            |        |        |                          | Bo                                 | 21                |       |
| 99.  | <i>Podocarpus manni</i>         | Podocarpaceae  | Ehshie   |                       |                               | Pl, Ja  | Arbre  |            |        |        |                          | Co <sup>1</sup> , Bo, Or           | 21                |       |
| 100. | <i>Polyscias fulva</i>          | Araliaceae     | Umbrella tree keghan   | LMH                   | Oct - Dec                     | Forest, domesticated Fo, Pl, Ja                         | Tree up to 30m, cream flowers  |            |        |        |                          | Carving wood Me, Ar                | 16, 21            |       |
| 101. | <i>Prosopsis africana</i>       |                | Ironwood   | LM                    | Nov - Feb                     | savannah, sandy soils.                                  | Small tree shrub   |            |        |        | seeds                    | Leaves fodder, seeds as spice, gum | 14                |       |
| 102. | <i>Protea madiensis</i>         |                |  | MH                    | Aug - September March - April | woody savannah, high altitude grassland, fire resistant | Small shrub tree   |            |        |        | Seeds                    | Freewood, charcoal                 | 14                |       |
| 103. | <i>Prunus africana</i>          | Rosaceae       | Pygeum, African cherry, Bitter Almond Eblaah                                     | >700m LMH             | March – April Nov – Feb       | montane forests Kilum Ijum, Mt Cameroon Fa, Ja          | Tree, small white flowers  | White      |        |        | FAP, From seeds          | Timber for tools, bark medicinal   | 6, 13, 14, 16, 21 |       |
| 104. | <i>Pseudospondia microcarpa</i> | Anacardiaceae  |  |                       | Dry                           | Dry savannah forests                                    | Native Africa, cultivated, white flowers                             |            |        | Good   | Common                   |                                    | 17                |       |

# Melliferous plants for Cameroon Highlands and Adamaua Plateau honey

| No | Scientific name   | Family       | Local name  | Altitude <sup>1</sup> | Flowering Season <sup>3</sup> | Location                            | Plant type                   | Honey type | Pollen    | Nectar | Seed source <sup>2</sup> | Other uses <sup>3</sup>                             | Ref   | Photo |  |
|----|---|--------------|---|-----------------------|-------------------------------|-------------------------------------|------------------------------|------------|-----------|--------|--------------------------|---|-------|-------|--|
| 10 | <i>Psiliostigma thonningia</i>                          |              | Camel's foot  | MH                    | May-September                 | woody savannah                      | Small shrub tree             |            |           |        | Seeds                    | Pods for Fodder Timber/tool handles Fuel            | 14    |       |  |
| 10 | <i>Psorospermum febrifigum</i>                          | Hypericaceae |   |                       | dry                           | Forests, Western highlands          | Shrub, white flowers         |            |           | good   |                          | Medicinal   | 17    |       |  |
| 10 | <i>Pterocarpus erinaceus</i>                            |              | African Gum   | L                     | Nov - Feb                     | open forest wooded savannah.        | Small tree                   |            |           |        | Seeds,                   | Food: Leaves & seeds Foliage & pods for fodder, Gum | 14    |       |  |
| 10 | <i>Pterocarpus soyauxii</i>                             | Leguminosae  | African padauk, Mbe, Mbil, Fruited camwood, redwood | LM                    | Rainy                         | Forest Semi montane & lowland       | Large deciduous tree         |            | Very good |        |                          | Timber hardwood, leaves, carving, drums, dyestuff,  | 2, 18 | P     |  |
| 10 | <i>Pycnanthus angolensis</i>                            |              |   |                       |                               |                                     |                              |            |           |        |                          |   |       | 13    |  |
| 11 | <i>Pycnostachys meyeri</i>                              | Labiateae    |   |                       |                               | PI                                  | Herbacé                      |            | Ne        |        |                          |   |       | 21    |  |
| 11 | <i>Racosperma auriculiformis</i>                        |              |   |                       |                               |                                     |                              | Mid brown  |           |        |                          | DRC?  |       | 12, 4 |  |
| 11 | <i>Rapanea melanophloeos</i>                            | Myrsinaceae  | Ntokkoh   |                       |                               | Fo                                  | Arbre                        |            |           |        |                          | Bo  |       | 21    |  |
| 11 | <i>Raphia sp.</i>                                       |              | Raffia, Mimbo palm                                  | LMH                   | Varies                        | Galleries, forests rivers & streams | Palm                         |            |           |        |                          | Wine, edible nut-seeds                              |       | 16    |  |
| 11 | <i>Rauvolfiavomitoria</i>                               | Apocynaceae  | Poisin devils pepper, Crescent bloom                |                       | Rainy                         | Forests                             | Tree, white purplish flowers |            |           | good   |                          | Medicinal roots                                     |       | 17    |  |
| 11 | <i>Ricinodendron sp</i><br><i>Ricinodendron heudolf</i> |              | Njangsa Njandsang Bush mango                        | LM                    | Feb - May                     | Lowland forest                      | Tree to 200m                 |            |           |        |                          | Edible fruits, for condiments                       |       | 16    |  |

# Melliferous plants for Cameroon Highlands and Adamaua Plateau honey

| No | Scientific name              | Family        | Local name  | Altitude <sup>1</sup> | Flowering Season <sup>3</sup> | Location                    | Plant type  | Honey type           | Pollen | Nectar | Seed source <sup>2</sup>   | Other uses <sup>3</sup>      | Ref        | Photo |
|----|------------------------------|---------------|---|-----------------------|-------------------------------|-----------------------------|---|----------------------|--------|--------|----------------------------|------------------------------|------------|-------|
|    |                              |               | Mangue sauvage  |                       |                               |                             |   |                      |        |        |                            |                              |            |       |
| 11 | <i>Ricinus communis</i>      | Euphorbiaceae |   |                       |                               | PI                          | Arbuste   |                      |        |        |                            | Me, Hu                       | 21         |       |
| 11 | <i>Rytiginia neglecta</i>    | Rubiaceae     | Feban   |                       |                               | Fo                          |   |                      |        |        |                            | Af <sup>1</sup>              | 21         |       |
| 11 | <i>Salix</i>                 | Salicaceae    | Willow  |                       |                               |                             |   |                      | good   |        |                            |                              | 18         |       |
| 11 | <i>Schefflera abyssinica</i> | Araliaceae    | yiah  | MH                    | June-July                     | montane forests, Kilum Ijum | Deciduous tree  | Yellow, crystallized |        | Good   | Cutting, wilding, seedling | Timber for carving Honey     | 14, 17, 21 |       |
| 12 | <i>Schefflera barteri</i>    | Araliaceae    |   | MH                    | May - November                | Kilum Ijum, montane forests | Evergreen tree or epiphyte, Climbing, greenish-violet flowers |                      |        | good   | Cutting, wilding, seedling | Timber for carving Fuelwood  | 14, 16, 17 |       |
| 12 | <i>Schefflera manii</i>      | Araliaceae    | Ebwos   | MH                    | Nov – Dec                     | Montane forests Kilum Ijum, | Tree  | White                |        |        |                            | Bo <sup>1</sup>              | 10, 16, 21 |       |
| 12 | <i>Sechium edule</i>         | Cucurbitaceae |   |                       | rainy                         |                             | Climbing Herb (weed) greenish yellow                          |                      | good   | good   |                            | Edible fruits                | 13, 17     | P     |
| 12 | <i>Sesbania pachycarpa</i>   | Fabaceae      |   |                       |                               | PI                          | Arbuste   |                      |        |        |                            | Fs                           | 21         |       |
| 12 | <i>Solanum nigrum</i>        | Solanaceae    | Black Nightshade, Garden Nightshade, Huckleberry, njamma njamma | MH                    | rainy                         |                             | Small white flowers, black berries                            |                      | good   | good   |                            | Edible leaves, toxic berries | 17         |       |
| 12 | <i>Solanum torvum</i>        | Solanaceae    | Turkeyberry, susumber   | MH                    | March - May                   | Savannah                    | Prickly perennial shrub, white flowers                        |                      | good   |        |                            | Edible fruits                | 16, 17     |       |
| 12 | <i>Solanum tuberosum</i>     | Solanaceae    | potato  | MH                    | rainy                         |                             | White or purple flowers                                       |                      | good   | good   |                            | Edible roots                 | 17         |       |
| 12 | <i>Sorindeia Grandifolia</i> |               |   | MH                    | Jan – April                   | Forest                      | Tree to 50m, up to 13m girth, pinkish white                   |                      |        |        |                            | Edible sticky fruits         | 16         |       |

# Melliferous plants for Cameroon Highlands and Adamaua Plateau honey

| No  | Scientific name                 | Family     | Local name       | Altitude <sup>1</sup> | Flowering Season <sup>3</sup> | Location  | Plant type  | Honey type | Pollen | Nectar | Seed source <sup>2</sup> | Other uses <sup>3</sup>  | Ref        | Photo |
|-----|---------------------------------|------------|------------------|-----------------------|-------------------------------|---|---|------------|--------|--------|--------------------------|--|------------|-------|
|     |                                 |            |                  |                       |                               |   | flowers   |            |        |        |                          |  |            |       |
| 12. | <i>Sorindeia nitidula</i>       |            |                  | MH                    | April - may                   | Montane forest  | Understorey tree , yellow white/green small flowers                   |            |        |        |                          |  | 16         |       |
| 12. | <i>Spactodea</i>                |            |                  | LMH                   |                               |   |   |            |        |        |                          |  | 7          |       |
| 13. | <i>Stercula tragacantha</i>     |            |                  | M                     | Oct - Feb                     | Dry forest and woodland savannah                            | Medium deciduous tree, reddish pink stalked flowers, kola like fruits |            |        |        |                          |  | 16         |       |
| 13. | <i>Stereospermum kunthianum</i> |            |                  | LMH                   |                               |   |   |            |        |        |                          |  | 7          |       |
| 13. | <i>Strombosia glaucescens</i>   |            |                  | MH                    | Jan - March                   | Forest NW   | Large tree to 20m white-yellowish flowers                             |            |        |        |                          |  | 16         |       |
| 13. | <i>Syzgium guineense</i>        |            | Waterberry       | LM                    | April to May                  | Lowland & montane rain forests, riverine swampy forests     | Small tree shrub  |            |        |        | seeds and coppice        | Fruits as food   | 14, 16     |       |
| 13. | <i>Syzgium staudii</i>          | Myrtaceae  | Ebwwei           | MH                    | Nov to May                    | Submontane & montane forest and savannah gallery e.g. Kilum | Tree, white flowers, purple round fruits                              |            |        |        | seeds                    | Fruits as food, Me, Bo <sup>1</sup>                              | 14, 16, 21 |       |
| 13. | <i>Taraxacum officinale</i>     | Asteraceae |                  |                       | rainy                         | Western highlands   | Herb, yellow flowers  |            |        | good   |                          |  | 17         |       |
| 13. | <i>Tarenna grandiflora</i>      |            |                  | MH                    | Dec- March                    | Savannah hills  | Understorey small tree  |            |        |        |                          |  | 16         |       |
| 13. | <i>Tephrosia vogelii</i>        |            | Fish poison bean | LMH                   | June- Nov                     | Savannah, grasslands, forests, shrub, fallow land           | Shrub to small tree violet flowers                                    |            |        |        | seeds                    | Good for propolis  | 14         |       |
| 13. | <i>Tephrosia vogelii</i>        | Fabaceae   |                  |                       |                               | Pl, Ja  | Arbuste   |            |        |        |                          | Me, Ce <sup>1</sup>  | 21         |       |
| 13. | <i>Terminalia glaucescans</i>   |            |                  | LM                    | February to March             |   | Small tree shrub  |            |        |        | wildings and seedlings   | Medicine: leaves Timber: termite resistant, toolhandles, mortars | 14         |       |

# Melliferous plants for Cameroon Highlands and Adamaua Plateau honey

| No  | Scientific name                                   | Family                | Local name                      | Altitude <sup>1</sup> | Flowering Season <sup>3</sup> | Location                    | Plant type                                     | Honey type | Pollen    | Nectar | Seed source <sup>2</sup>                 | Other uses <sup>3</sup>                   | Ref             | Photo |
|-----|---|-----------------------|---------------------------------|-----------------------|-------------------------------|-----------------------------|--|------------|-----------|--------|--|---|-----------------|-------|
| 14. | <i>Terminalia macroptera</i>                      |                       | Ironwood                        | LM                    | Jan - May                     | Lowland forest              | Tree, white to cream flowers                   |            | Very good |        |  |   | 16, 18          |       |
| 14. | <i>Terminalia mantalyor</i><br><i>Mantalis</i>    | Combretaceae          | Umbrella tree,<br>Shade Tree    | MH                    | Dec- Feb                      |                             | Tree with white flowers                        | White      | Very good |        |  |   | 7, 2,<br>16, 18 |       |
| 14. | <i>Terminalia molle</i>                           | Combretaceae          | Velvet bush willow              | LMH                   | March to May                  | woody savannah              | Small tree shrub                               |            | Very good |        | coppicing,<br>wildlings<br>and seedlings | Fodder:<br>leaves<br>firewood<br>charcoal | 14, 18          |       |
| 14. | <i>Tithonia diversifolia</i>                      | Asteraceae            | Sunflower,<br>Mexican sunflower | LMH                   | All year                      | Western highlands           | Cultivated Shrub (weed), yellow flowers        |            | good      |        | FAP                                      | 7, 17                                     |                 |       |
| 14. | <i>Trichilia emetica</i>                          | Meliaceae             | Natal mahogany                  | M                     |                               | Savannah                    |  |            |           |        |  |   | 18, 19          | P     |
| 14. | <i>Triplotaxis sp</i>                             | Asteraceae/Compositae |                                 |                       |                               |                             |  |            |           |        |  |   | 13              |       |
| 14. | <i>Turreanthus africanus</i>                      | Meliaceae             | Apaya                           | L                     |                               | Lowland forest, near rivers | Large tree                                     |            |           |        |  | Timber,<br>carving                        | 13              |       |
| 14. | <i>Urena lobata</i>                               |                       |                                 | M                     | May – Aug                     |                             | Bushy perennial shrub, many ink/purple flowers |            |           |        |  |   | 16              |       |
| 14. | <i>Vernonia conferta</i>                          |                       |                                 | MH                    | Dec-March                     | Forest NW                   | Forest Tree                                    |            |           |        |  |   | 16              |       |
| 14. | <i>Veronia amydalina</i>                          | Asteraceae            |                                 |                       | Dry                           | Western highlands Pl, Ja    | shrub cultivated, white flowers                |            | good      |        |  |   | 17              |       |
| 15. | <i>Veronia conferta</i>                           | Asteraceae            |                                 |                       | Dry                           | Western highlands           | herb, white-violet flowers                     |            | good      |        |  |   | 17              |       |
| 15. | <i>Vitex deniana</i>                              |                       |                                 | MH                    | Jan - April                   | NW                          | Large tree pink white flowers                  |            |           |        |  |   | 16              |       |
| 15. | <i>Vitex parviflora</i><br><i>Vitex keniensis</i> |                       |                                 | LMH                   |                               |                             |  |            |           |        | FAP,<br>AFRIACI G                        |   | 7               |       |
| 15. | <i>Voacanga africana</i>                          |                       | Vocanga                         | LM                    | Jan- May -                    | Forest edges, &             | Shrub to small                                 |            |           |        | FAP,                                     | Medical                                   | 7, 14,          |       |

## Melliferous plants for Cameroon Highlands and Adamaua Plateau honey

| No  | Scientific name                                 | Family      | Local name                        | Altitude <sup>1</sup> | Flowering Season <sup>3</sup> | Location                           | Plant type                       | Honey type | Pollen | Nectar | Seed source <sup>2</sup>       | Other uses <sup>3</sup>      | Ref | Photo |
|-----|---|-------------|-----------------------------------|-----------------------|-------------------------------|------------------------------------|----------------------------------|------------|--------|--------|--------------------------------|------------------------------|-----|-------|
|     |   |             |                                   |                       | July                          | domesticated, Ndop valley, Bamenda | understorey tree, yellow flowers |            |        |        | CIRDEN Direct sowing, cuttings | fruits and bark              | 16  |       |
| 15. | <i>Xymalos monospora</i>                        | Monimiaceae | Fir                               | MH                    |                               | Fo                                 | Arbuste                          |            |        |        |                                | Co, Fi <sup>1</sup> , Me     | 21  |       |
| 15. | <i>Yushina alpina</i><br>( <i>Arundinaria</i> ) | Poaceae     | Eytoto<br>Bamboo<br>Bamm de chine |                       |                               | Fa                                 | Arbuste                          |            |        |        |                                | Ru <sup>1</sup> , Ac, Co, Bo | 21  | P     |

<sup>1</sup>Altitude: L=Low (0-1200asl), M= medium (1200-1700asl), H= High (1700-3000+ asl)

<sup>2</sup>Seed source: Common: means seed materials can be collected locally or propagated locally.

<sup>3</sup>Seasons: Rainy = March – November Dry = December- February

<sup>3</sup>Uses : Ch = Chenilles comestibles, Fr = Fruits comestibles, Me = Médicaments, Fe = feuilles, Fo = fourrage, Ac = Activité culturelle, Bo = Bois de chauffe, Or = Ornement, Ar = Artisanat, Ti = Tuteur d'igname, Ja = Jardin, Jardin de case, Tu = Tubercule, Ru = Ruche, Gr = Graines, Co = Construction, Fi = Fibre, Ce = Contrôle de l'érosion, Fs = Fertilité du sol, Fa=Forêt altimontagne

# Melliferous plants for Cameroon Highlands and Adamaua Plateau honey

## 2. Exotic, Agroforestry & Crop Trees

| Scientific name                      | Family        | Local name                                    | Altitude <sup>1</sup> | Flowering Season | Location                | Plant type                         | Honey type | Pollen | Nectar | Seed source <sup>2</sup> | Other uses                                  | Reference | Photo |
|--------------------------------------|---------------|---|-----------------------|------------------|-------------------------|------------------------------------|------------|--------|--------|--------------------------|---|-----------|-------|
|                                      |               | soybean                                       |                       |                  |                         |                                    |            |        |        |                          | pollinaton                                  | 20        |       |
|                                      |               | Sunflower                                     |                       |                  |                         |                                    |            |        |        |                          | Pollinaton                                  | 20        |       |
|                                      |               | Canola  |                       |                  |                         |                                    |            |        |        |                          | pollinaton                                  | 20        |       |
| <i>Acacia augustissima/augustima</i> |               | Sweet Acacia, Prairie acacia                  | LMH                   |                  |                         | Legume                             |            |        |        | FAP                      | Resin                                       | 6         |       |
| <i>Acacia auriculiformis</i>         | Fabaceae      | Ear leaf acacia, Black wattle, ear pod wattle |                       |                  | Savannah                | exotic                             | Mid brown  |        |        |                          | Dyestuff, fuelwood, resin                   | 4, 12     |       |
| <i>Agave sisalana</i>                |               | Sisal   | MH                    |                  | Savannah /grazing areas | Exotic Crop tree                   |            |        | Good   |                          |   | 6         |       |
| <i>Albemoscus esceulentus</i>        | Malvaceae     | Okra  |                       | Rainy            |                         | Shrub exotic, yellow flowers       |            | good   | good   |                          | Edible fruits                               | 17        |       |
| <i>Alchornea cordifolia</i>          | Euphorbiaceae |   |                       | Rainy            | Western highlands       | Tree, greenish flowers             |            | good   |        |                          |   | 17        |       |
| <i>Alchornea laxiflora</i>           | Euphorbiaceae |   |                       | Dry              | Western highlands       | Small Tree/shrub, greenish flowers |            | good   |        |                          | Medicinal root, leaves as food preservative | 17        |       |
| <i>Arachis hypogaea</i>              | Fabaceae      | Groundnut, peanut                             | LMH                   | Rainy            | everywhere              | Herb, yellow flowers               |            | good   | good   |                          | Food, seeds (nuts)                          | 17        |       |
| <i>Bombax pentandrum L</i>           |               |   |                       |                  | Ngoundere               | oleaginous tree                    |            | High   | High   |                          |   | 3         |       |
| <i>Bougainvillea sp.</i>             | Nyctaginaceae | Bougainvillea                                 | MH                    | All year         |                         | Exotic, thoreny                    |            | good   |        |                          | Ornamental                                  | 18        | P     |

## Melliferous plants for Cameroon Highlands and Adamaua Plateau honey

| Scientific name                                       | Family        | Local name                | Altitude <sup>1</sup> | Flowering Season          | Location                     | Plant type   | Honey type | Pollen    | Nectar | Seed source <sup>2</sup>                          | Other uses   | Reference               | Photo |
|---|---------------|---------------------------|-----------------------|---------------------------|------------------------------|--|------------|-----------|--------|---|--------------|-------------------------|-------|
|   |               |                           |                       |                           |                              | woody plant, red/white/purple/pink   |            |           |        |   |              |                         |       |
| <i>Calliandra calothyrsus</i>                         | Mimosaceae    | Calliandra                | LMH                   | Variable, nearly all year | Secondary forests, colonizer | Small tree, Shrub  |            |           |        | FAP, AFRIACIG Stem cuttings, seeds, direct sowing | Fuel, fodder | 6, 7, 8, 13, 14, 16, 17 |       |
| <i>Callistemon sp</i><br><i>Callistemon viminalis</i> | Myrtaceae     | Bottlebrush               | LMH                   | All year                  | domesticated                 | Domesticated Exotic  |            | Good      | High   | FAP   | ornamental   | 6, 7, 14, 17            |       |
| <i>Carica papaya</i>                                  | Caricaceae    | Papaya, paw paw           | LM                    | Rainy                     | Everywhere                   | Crop tree, white flowers   |            | good      | good   | Seeds   |              | 17                      | P     |
| <i>Cassia spectabilis</i>                             |               | Senn                      | MH                    | July – Aug                |                              | Exotic leguminous Tree up to 20m, large spreading canopy                           |            |           |        | AFRIACIG  |              | 6, 7, 13, 16            |       |
| <i>Casuarina equisetifolia</i>                        | Casuarinaceae | Ironwood, Australian pine |                       | Dry                       | Western highlands            | Exotic pine tree   |            | Very good |        |   | Timber       | 17, 18                  | P     |
| <i>Chromolaena odorata</i>                            |               | Siam weed, Triffid weed   | LM                    | All year                  |                              | Exotic straggling perennial herb, fragrant (turpentine), white-blush flowers(weed) | Dark       |           |        |   |              | 4                       | P     |
| <i>Citrus sp.</i>                                     | Rutaceae      | Orange, lemon, lime,      | LMH                   | Rainy                     | Everywhere                   | Exotic Crop tree   |            | good      | good   | MIFACIG   |              | 17                      |       |

# Melliferous plants for Cameroon Highlands and Adamaua Plateau honey

| Scientific name   | Family        | Local name  | Altitude <sup>1</sup> | Flowering Season | Location                   | Plant type   | Honey type | Pollen | Nectar | Seed source <sup>2</sup> | Other uses              | Reference    | Photo |
|---|---------------|---|-----------------------|------------------|----------------------------|--|------------|--------|--------|--------------------------|-------------------------|--------------|-------|
|   |               | grapefruit,<br>mandarin   |                       |                  |                            |  |            |        |        |                          |                         |              |       |
| <i>Claistimore</i>  |               |   |                       |                  |                            | Exotic Legume  |            |        |        | AFRIACIG                 |                         | 8            |       |
| <i>Coffea arabica</i>                                     | Rubiaceae     | Arabica Coffee  | MH                    | Rainy, Early dry | Pl, Ja Montane             | Exotic Crop tree, white flowers                      |            | V good | High   | NWCA, AFRIACIG , MIFACIG | Coffee drink            | 5, 17, 18 21 | p     |
| <i>Coffea robusta</i>                                     | Rubiaceae     | Robusta Coffee  | LM                    | Rainy, Early dry | Semi montane               | Exotic   |            | V good | High   | NWCA                     |                         | 5, 17, 18    |       |
| <i>Croton moluccanus L.</i><br><i>Aleurites moluccana</i> | Euphorbiaceae | Candle nut  | LMH                   | Rainy            | Montane, Western highlands | Native, beige flowers                                | Very white | good   | High   | FAP, AFRIACIG            |                         | 6, 7, 17     |       |
| Cucumis melo  | Cucurbitaceae | Cantaloupe melon  |                       | Rainy            |                            | Herb organe yellow                                   |            | good   | good   |                          |                         | 13, 17       | p     |
| <i>Cupressus sempervirens</i><br><i>Cupressus bentani</i> |               | Cypress   |                       | Rainy            |                            | Exotic pine  |            | good   |        |                          |                         | 7, 17        | p     |
| <i>Cynodon dactylon</i>                                   | Poaceae       | dūrvā grass, Bermuda Grass, Dog's Tooth Grass, Bahama Grass, Devil's Grass, ... | MH                    | Rainy            |                            | Grass like   |            | Good   |        |                          |                         | 17           |       |
| <i>Dacryodes edulis</i>                                   | Burseraceae   | Safou / plum  | LM                    |                  | SW, DRC, Ngoundere         | Native oleaginous Crop tree                          | very clear | good   | High   | FAP                      |                         | 4, 3, 17     |       |
| <i>Datura metel</i>                                       | Solanaceae    | Devil's trumpet, metel, downy thorn-apple, zombie cucumber                      |                       | Rainy            |                            | Exotic Shrub perennieal, large trumpet white flowers |            | good   | Good   |                          | Medicinal, toxic leaves | 17           |       |
| <i>Delonix regia</i>                                      |               | Flamboyant  | L                     | Sept – Nov       | Everywhere,                | Umbrella   |            |        |        | Seeds                    | Bark                    | 14           |       |

## Melliferous plants for Cameroon Highlands and Adamaua Plateau honey

| Scientific name                                       | Family        | Local name   | Altitude <sup>1</sup> | Flowering Season | Location                       | Plant type                   | Honey type | Pollen    | Nectar | Seed source <sup>2</sup> | Other uses                                  | Reference | Photo |
|---|---------------|--|-----------------------|------------------|--------------------------------|------------------------------|------------|-----------|--------|--------------------------|---|-----------|-------|
|   |               | tree   |                       |                  | often near farms as ornamental | shaped Tree                  |            |           |        | easily propagated        | medicinal properties seeds as beads         |           |       |
| <i>Eriobotrya japonica</i>                            | Rosaceae      | Loquat   |                       | Dry              |                                | Tree, white flowers          |            |           | good   |                          | Medicinal seeds, edible fruit               | 17        |       |
| <i>Eucalyptus resinifera</i> ,<br><i>E. pellita</i> , |               | Red Mahogany, red stringybark, red messmate ( <i>E. resinifera</i> ); red stringybark, Daintree stringybark, large-fruited red mahogany ( <i>E. pellita</i> ). | LM                    | R                | rainy                          | Exotic Large tree, red wood  |            | Very good | good   |                          | Timber                                      | 7, 18     |       |
| <i>Eugenia uniflora</i>                               |               | Pitanga cherry   | LM                    |                  | Everywhere                     | Exotic Crop tree             |            |           |        | FAP                      |   | 7         |       |
| <i>Euphorbia pulcherrima</i>                          | Euphorbiaceae | Christmas tree, Poinsettia   | LMH                   | Rainy            | Western highlands              | Exotic Shrub, red flowers    |            | Very good |        |                          | Ornamental                                  | 17, 18    | P     |
| <i>Gliricida sepium</i>                               | Fabaceae      | Acacia   | LM                    | Dry              | everywhere                     | Exotic shrub, yellow flowers |            |           | good   |                          | Shade tree, leaves for fodder/orage/biofuel | 17        |       |
| <i>Grevillea robusta</i>                              | Rutaceae      | <a href="#">Grevillea</a> Silky  | MH                    | March –          | Pl, Ja                         | Small                        |            | good      |        | AFRIACIG                 | Or, Bo                                      | 8, 16     |       |

## Melliferous plants for Cameroon Highlands and Adamaua Plateau honey

| Scientific name   | Family         | Local name                                       | Altitude <sup>1</sup> | Flowering Season | Location                                | Plant type  | Honey type | Pollen | Nectar | Seed source <sup>2</sup>                  | Other uses   | Reference        | Photo |
|---|----------------|--|-----------------------|------------------|---|---|------------|--------|--------|---|--|------------------|-------|
|   |                | oak, australian silver oak, australiese silwerek |                       | May              |   | exotic , evergreen legumunois tree, whitish flowers     |            |        |        |   |  | 21               |       |
| <i>Hibiscus rosa-sinensis</i>                           | Malvaceae      | Hibiscus, rose of China                          | LM                    | All year         | savannah                                | Exotic, Evergreen Shrub, white with black ring          |            | good   | good   |   |  | 17               | P     |
| <i>Hypeastrum equestre</i>                              | Liliaceae      | Amaryliis  |                       | All year         |   | lily, orange flower                                     |            | good   | good   |   |  | 17               |       |
| <i>Ipomoea batatas</i>                                  | Convolvulaceae | Sweet potato, Yam                                | LM                    | Rainy            | Everywhere                              | Exotic Herb white flowers                               |            |        | good   |   | Food-root potato                                   | 17               | P     |
| <i>Jatropha</i><br><i>sp.</i><br><i>Jatropha curcas</i> | Euphorbiaceae  | Jatropha   | LMH                   |                  | Dry degraded lands                      | exotic  |            | good   |        |   | Biofuel, oil seeds                                 | 18               | P     |
| <i>Lantana camara</i>                                   |                | Lantana  | MH                    | All year         | NW                                      | Bushy prickly shrub yellow organge to red, white/pink c |            | good   |        |   | Ornamental, Live Fencing, edible berries when ripe | 16, 17           | P     |
| <i>Leucaena leucophala</i>                              | Mimosaceae     | Horse tamarind, White lead tree                  | LM                    | All year         | warm temperatures, secondary vegetation | Exotic Legume, white or cream flowers                   |            |        |        | FAP, AFRIACIG seedlings and direct sowing | Excellent fodder food: Pods, seeds and leaf tips   | 7, 8, 14, 16, 17 |       |
| <i>Macaranga cf uniflora</i>                            | Euphorbiaceae  |  | LMH                   | Dry              | Western highlands                       | Exotic Shrub,   |            | good   |        |   | Ornamental   | 17               |       |

# Melliferous plants for Cameroon Highlands and Adamaua Plateau honey

| Scientific name                | Family        | Local name  | Altitude <sup>1</sup> | Flowering Season | Location          | Plant type                        | Honey type | Pollen | Nectar | Seed source <sup>2</sup> | Other uses                     | Reference | Photo |
|--------------------------------|---------------|---|-----------------------|------------------|-------------------|-----------------------------------|------------|--------|--------|--------------------------|--------------------------------|-----------|-------|
|                                |               |   |                       |                  |                   | white flowers                     |            |        |        |                          |                                |           |       |
| <i>Maesa lanceolata</i>        | Myrsinaceae   | False assegai                                     |                       | Rainy            |                   | Tree, whitish flowers             |            | good   | good   |                          | Poisonous to cattle, hard wood | 17        |       |
| <i>Maesopsis eminii</i>        |               |   |                       |                  |                   | Exotic Legume                     |            |        |        | AFRIACIG                 |                                | 8         |       |
| <i>Malvaviscus arboreus</i>    | Malvaceae     | Wax mallow, Turks cap,                            |                       | All year         |                   | Evergreen, exotic, red flowers    |            | good   | good   |                          |                                | 17        | P     |
| <i>Mangifera indica</i>        | Anacardiaceae | Mango   | LMH                   | Dry              | Everywhere        | Exotic Crop tree, whitish flowers |            |        | Good   | Common                   |                                | 6, 17     |       |
| <i>Manihot esculentus</i>      | Euphorbiaceae | Cassava   | LMH                   | Dry              | Western highlands | Shrub greenish flowers            |            |        | good   |                          | Food, roots                    | 17        |       |
| <i>Melina</i>                  |               |   |                       |                  |                   | Exotic Legume                     |            |        |        | AFRIACIG                 |                                | 8         |       |
| <i>Melinis minutiflora</i>     |               | Honey grass                                       |                       |                  |                   |                                   |            |        |        |                          |                                |           |       |
| <i>Musa sapientum, Musa sp</i> | Musaceae      | Banana  | LMH                   | All              |                   | Exotic Crop tree                  |            |        | Good   |                          | Food                           | 6, 13, 17 |       |
| <i>Passiflora mollissima</i>   |               | banana passion, banana passionfruit, banana poka, |                       |                  |                   |                                   |            |        |        |                          |                                |           |       |
| <i>Pennisetum purpureum</i>    | Poaceae       | Cane grass, elephant grass, napier grass          | LM                    | Rainy            |                   | Grass, beige flowers              |            | Good   |        |                          |                                | 17        |       |
| <i>Persea americana</i>        | Lauraceae     | Pear/ Avocado                                     | LMH                   | Rainy            | Everywhere        | Arbre Exotic Crop tree            |            |        | Good   | Common                   | Edible fruit                   | 6, 17 21  |       |
| <i>Phaseolus vulgaris</i>      | Fabaceae      | Bean, green                                       | LMH                   | Rainy            | everywhere        | Herb,                             |            |        | good   |                          | Edible                         | 17        |       |

## Melliferous plants for Cameroon Highlands and Adamaua Plateau honey

| Scientific name                                      | Family      | Local name               | Altitude <sup>1</sup> | Flowering Season | Location   | Plant type                     | Honey type | Pollen | Nectar | Seed source <sup>2</sup> | Other uses   | Reference | Photo |
|--|-------------|--------------------------|-----------------------|------------------|------------|--------------------------------|------------|--------|--------|--------------------------|--|-----------|-------|
|  |             | bean                     |                       |                  |            | yellow flowers                 |            |        |        |                          | seeds (bean), food   |           |       |
| <i>Pinus</i>   | Pinaceae    | pine                     | MH                    | Rainy            |            |                                |            | good   |        |                          |  | 17        |       |
| <i>Piper capense</i>                                 | Piperaceae  | Pepper                   |                       |                  |            | Fo                             | Herbacé    |        |        |                          |  | 21        |       |
| <i>Psidium guajava</i>                               | Myrtaceae   | Guava, goyave            |                       |                  |            | Pl, Ja                         | Arbuste    |        |        |                          | Fr, Me   | 21        |       |
| <i>Psidium guajava</i>                               | Myrtaceae   | Guava                    | LMH                   | Rainy            |            | tree                           |            |        | good   |                          | Edible fruits  | 17, 15    |       |
| <i>Raphia sp</i>                                     |             | Raffia                   |                       |                  |            | palm                           |            |        |        |                          | Palm wine, tools   | 13        |       |
| <i>Guizotia abyssinica</i>                           |             | niger, niger seed        |                       |                  | Kilum Ijim | Native                         | White      |        |        |                          |  | 1         |       |
| <i>Sesbania sesban</i>                               | Fabaceae    | Egyptian pea, River hemp | LMM                   | Rainy            | everywhere | shrub, Legume                  | yellow     |        | good   |                          | leaves for fodder/orage, nitrogen fixing, fuelwood, alley cropping | 17<br>6   | P     |
| <i>Sida actua</i>                                    | Malvaceae   | Common wireweed          |                       | Rainy            |            | Herb (weed)<br>Yellow          |            | good   | good   |                          | Medicinal  | 17        | P     |
| <i>Syzygium aromaticum</i>                           | Myrtaceae   | Clove                    |                       | Rainy            |            | Tree                           |            | good   | good   |                          | Seeds as spice   | 17        |       |
| <i>Syzygium cumini</i><br><i>Eugenia cumini (L.)</i> |             | Black plum               |                       |                  |            |                                |            |        |        |                          | Edible fruits  |           |       |
| <i>Teprosia</i>                                      |             |                          |                       |                  |            | Legume                         |            |        |        |                          |  | 6         |       |
| <i>Theobroma cacao</i>                               |             | Cocoa                    | LM                    |                  |            | Exotic Crop tree               |            |        | Good   |                          | Edible fruits  | 6         |       |
| <i>Thevetia nerifolia</i>                            | Apocynaceae |                          |                       | Rainy            |            | Cultivated Tree Yellow flowers |            | good   | Good   |                          |  | 17        |       |

## Melliferous plants for Cameroon Highlands and Adamaua Plateau honey

| Scientific name                   | Family                | Local name  | Altitude <sup>1</sup> | Flowering Season | Location                 | Plant type      | Honey type | Pollen | Nectar | Seed source <sup>2</sup> | Other uses    | Reference | Photo |
|-----------------------------------|-----------------------|-------------|-----------------------|------------------|--------------------------|-----------------|------------|--------|--------|--------------------------|---------------|-----------|-------|
| <i>Venonia agmagdalina</i>        |                       | Bitterleaf  | LMH                   |                  |                          | Crop            |            |        |        | common                   | Edible leaves | 7         |       |
| <i>Vitellaria paradoxa Gaertn</i> | Shea nut, shea butter |             |                       |                  | NW, Wum, Ndop, Ngoundere | oleaginous tree |            | High   | High   | FAP                      |               | 3         |       |
| <i>Zea mays</i>                   | Poaceae               | Maize, corn | MH                    | Rainy            |                          | Grass like      |            | good   |        |                          | Edible        | 17        |       |

<sup>1</sup>Altitude: L=Low (0-1200asl), M= medium (1200-1700asl), H= High (1700-3000+ asl)

<sup>2</sup>Seed source: Common: means seed materials can be collected locally or propagated locally.

<sup>3</sup>Seasons: Rainy = March – November Dry = December- February

# Melliferous plants for Cameroon Highlands and Adamaua Plateau honey

## 3. Bee hating trees

Plants that bees hate or that kills them

| Scientific name          | Local name              | Altitude <sup>1</sup> | Season | Location | Plant type | Honey type | Pollen | Nectar | Seed source <sup>2</sup> | Reference |
|--------------------------|-------------------------|-----------------------|--------|----------|------------|------------|--------|--------|--------------------------|-----------|
| <i>Anona sengelensis</i> | Wimbum<br>“yengap ngap” |                       |        |          |            |            |        |        |                          |           |
| <i>Chenopodium-</i>      | - herb                  |                       |        |          |            |            |        |        |                          |           |
| <i>Afromomum spp</i>     | Gorilla fruit           |                       |        |          |            |            |        |        |                          |           |

Trees that result in crystallised honey in hive:

- *Sheffleria mannii*
- *Schefflera abyssinica*
- *Croton macrostachyus*
- Vocassa grass - gives lots of honey Nov – Dec

<sup>1</sup>Altitude: L=Low (0-1200asl), M= medium (1200-1700asl), H= High (1700-3000+ asl)

<sup>2</sup>Seed source: Common: means seed materials can be collected locally or propagated locally.

<sup>3</sup>Seasons: Rainy = March – November Dry = December- February

# Melliferous plants for Cameroon Highlands and Adamaua Plateau honey

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Arabian Coffee (*Coffea arabica*) is a very important nectar source and also provides moderate amounts of pollen. The nectar flow is very intensive and only reduced by drought. The sugar concentration is medium. The pollen is heavy and sticky. Bees are found foraging all day long. It seems that bees play some role in increasing coffee bean yields. It is suggested that coffee growers should keep honeybee colonies in their plantations and grow nectar-producing plants, and trees for shade, to strengthen colonies during periods when the coffee is not flowering. Coffee honey has a characteristic flavour and its colour varies from brown to black. It often contributes to mixed honey in which its flavour predominates. DESCRIPTION : Evergreen shrub or small tree, that grows up to 8m high when unpruned. Leaves: glabrous, shiny, simple, broadly oval, opposite and dark-green when mature. Flowers: 2 to 20 fragrant white flowers are borne in leafaxils and last only a few days. Fruit: fleshy cherries, red when ripe, about 1.5 cm long. The green coffee bean is the seed. Flowering: profusely after rains, some coffee trees are found with flowers at all times of the year. Distribution Formerly endemic to the south-western forests of Ethiopia Coffea arabica has spread through the trade routes firstly to southern Arabia and from there it was taken to the East Indies by Dutch traders in the 17th century. It is now planted throughout the tropics, but particularly in East and West Africa, Central and South America, the West Indies, Asia, and Oceania. Practical notes It is not drought tolerant. Propagation is done by seedlings. Uses : Arabian coffee is grown for its beans (the seeds), which are washed, dried, roasted and ground to make coffee for drinking. The residues from coffee processing are used as fertiliser and mulch. The leaves can also be used as fuel and animal fodder.
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# Melliferous plants for Cameroon Highlands and Adamaua Plateau honey

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