

6 tree species for the Graceland project in Boabeng / Ghana

1. TRIPLOCHITON SCLEROXYLON (WAWA)

A tree of variable size with tall buttresses, some 30 to 40 m tall, mostly with a straight trunk. A popular light wood species.

USE: A tree of great importance to the village community. On the farm, the wood is used to build small shelters. A very good wood that is also used for coffins, boxes, firewood, etc. An edible mushroom locally called "Sasie" grows on the dead wood and is very tasty when used to make a soup.

MEDICINAL: The tree bark mixed with the boiled roots can be used as a remedy for general weakness. The bark and roots mixed with other herbs in a water bath can aid in the healing of a child who is neither strong nor weak.

2. KHAYA GRANDIFOLIOLA (MAHOGANY) (CRUBA)

A woody tree with large, short buttresses growing to about 50 m tall.

HABITAT: Typically dry wooded areas and the edges of bluffs. Sometimes gregarious natural regeneration from seed is good and grows quickly.

USE: A good timber tree with characteristics similar to real mahogany (*Khaya ivorensis*). Deadwood is used as firewood. Good for carving and for furniture like chairs and tables etc.

MEDICAL: The bark is used as a bittering agent for chest ailments and as a blood tonic. In combination with other herbs, it can also work for hemorrhoids, abdominal pain, constipation, etc. The leaves can be used to make a brew and inhale the steam to prevent headaches.

3. CEIBA PENTANDRA (ONYINA)

A huge and very tall tree, usually with a cylindrical trunk that is spiny when young. One of the largest trees in the high forest zone.

HABITAT: Common trees in secondary and transitional forest. Sometimes they can also be found near villages where they are considered sacred and honored.

USE: The wood is mainly used in the plywood industry. The long, white fibers in the seeds of the tree are called kapok, hence the name "wool tree". A tree supplies around 20 kg of pure fibers per year. They are used to fill pillows, mattresses and life jackets. The fruits of the kapok tree have no pulp, but oil is extracted from their seeds.

The dead wood encourages the growth of edible mushrooms called "Dommo" and "Sasie", which can be used to make a delicious meal.

MEDICAL: The roots are believed to cure leprosy. The leaves in the soup can donate energy and blood.

4. BOMBAX BUONOPOZENSE (Red Kapok Tree, AKATA/AKONKODIE)

A large deciduous tree with buttresses and straight trunks.

HABITAT: in evergreen forests and secondary forests that arise after clearing of the primary forest with fast-growing tree species. Sometimes also found near villages.

USE: The wood is mainly used in the plywood industry. The kapok from the tree is used to stuff pillows. The dead wood encourages the growth of edible mushrooms - called "Dommo" and "Sasie" - which make a delicious meal. In the villages, the red flowers serve as a warning signal to the people. At Christmas, the villagers kick him out because of his flowers. Village children use the cup to play. The dried and powdered flowers and calyx are added to the soup when okra is not available.

MEDICAL: The dried and powdered flowers and calyxes are added to soup and taken internally for rheumatism and dysentery. The bark is mixed with other herbs to cure fevers and ease childbirth. The leaves make a delicious soup and provide energy.

5. MILICIA EXCELSA (ODUM)

A large tree with a cylindrical trunk, almost without any supporting pillars.

HABITAT: Widespread, very common in traditional forests.

USE: The fruit is eaten mainly by Duiker antelope. The wood is suitable as good lumber. It is one of the most expensive woods. The deadwood serves as firewood and encourages the growth of fungi called "Sasie".

MEDICAL: The ash from the burned bark is applied to boils along with palm oil. The bark of the tree is crushed and dipped in palm wine or water, the decoction is said to work against heat complaints, lumbago and general fatigue. The bark and roots mixed in a water bath can help with epilepsy. Stomach problems can occur as an undesirable side effect.

6. ANTIARIS TOXICARIA (KYENKYEN)

A tall tree with a cylindrical trunk, about 30 to 40 m tall, 0.70 to 1.70 m in circumference.

HABITAT: A non-pioneer tree found primarily in deciduous and traditional forests.

USE: An important crop with high economic value. After peeling the bark, a bark cloth is created, called KYENKYEN. The first clothing was made from this in Ghana: the bark cloth was soaked in water and worked on with tools so that it became softer.

An edible mushroom grows on the dead wood.

MEDICAL: The bark and roots are mixed with boiled water and used as a drink to prevent cough, eye, spine and abdominal pain. The mixture of bark and roots is also said to help in treating weakness in the body and cleaning the eyes when bathing.