

## Potentially Important Trees for all Countries of the World

### Africa:

Country / Capital	Tree - Scientific name	Tree - Common name	Tree – nutritional properties	Field Guide
Algeria - Algiers	<i>Balanites aegyptiaca</i> <i>Psidium guajava</i>	Desert date Guava	energy, protein, Fe Vit C, Vit A	
Angola - Luanda	<i>Psidium guajava</i> <i>Adansonia digitata</i>	Guava Boabab	Vit C, Vit A energy, protein, Fe, Vit C, nut and fruit eaten	Yes
Benin - Porto Novo, Cotonou	<i>Parinari curatellifolia</i> <i>Mangifera indica</i>	Mobola plum Mango	energy, protein, Fe, Zn Vit A, Vit C	
Botswana - Gaborone	<i>Parinari curatellifolia</i> <i>Persea americana</i>	Mobola plum Avocado	energy, protein, Fe, Zn Vit A, Vit C - produces oil	
Burkina Faso - Ouagadougou	<i>Terminalia catappa</i> <i>Mangifera indica</i>	Coastal almond Mango	energy, protein, Fe, Zn Vit A, Vit C	
Cameroon - Yaoundé	<i>Terminalia catappa</i> <i>Persea americana</i>	Coastal almond Avocado	energy, protein, Fe, Zn Vit A, Vit C - produces oil	
Cape Verde - Praia	<i>Adansonia digitata</i> <i>Persea americana</i>	Boabab Avocado	energy, protein, Fe, Vit C, nut and fruit eaten Vit A, Vit C - produces oil	
Chad (Tchad) - N'Djamena	<i>Adansonia digitata</i> <i>Persea americana</i>	Boabab Avocado	energy, protein, Fe, Vit C, nut and fruit eaten Vit A, Vit C - produces oil	

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Comoros - Moroni	<i>Adansonia digitata</i>	Boabab	energy, protein, Fe, Vit C, nut and fruit eaten	
	<i>Flacourtia indica</i>	Governor's plum	energy, protein, Vit A, Vit C, Fe	
Republic of the Congo - Brazzaville	<i>Adansonia digitata</i>	Boabab	energy, protein, Fe, Vit C, nut and fruit eaten	
	<i>Carica papaya</i>	Paw paw	Vit A, Vit C	
Democratic Republic of the Congo - Kinshasa	<i>Carica papaya</i>	Paw paw	Vit A, Vit C	Yes
	<i>Schinziophyton rautanenii</i>	Mongongo nut	high protein, good Zn, Fe	
Côte d'Ivoire (Ivory Coast) - Yamoussoukro	<i>Terminalia catappa</i>	Coastal almond	energy, protein, Fe, Zn	
	<i>Mangifera indica</i>	Mango	Vit A, Vit C	
Djibouti - Djibouti	<i>Balanites aegyptiaca</i>	Desert date	energy, protein, Fe	
	<i>Persea americana</i>	Avocado	Vit A, Vit C - produces oil	
Egypt - Cairo	<i>Adansonia digitata</i>	Boabab	energy, protein, Fe, Vit C, nut and fruit eaten	
	<i>Persea americana</i>	Avocado	Vit A, Vit C - produces oil	
Equatorial Guinea - Malabo	<i>Irvingia gabonensis</i>	Bread tree	energy, protein, Fe	
	<i>Persea americana</i>	Avocado	Vit A, Vit C - produces oil	
Eritrea - Asmara	<i>Adansonia digitata</i>	Boabab	energy, protein, Fe, Vit C, nut and fruit eaten	
	<i>Mangifera indica</i>	Mango	Vit A, Vit C	
Ethiopia - Addis Ababa	<i>Carica papaya</i>	Paw paw	Vit A, Vit C	Yes
	<i>Moringa oleifera</i>	Horseradish tree / Moringa/Drumstick tree	good Vit C, iron, zinc from multiple edible parts	
Gabon - Libreville	<i>Terminalia catappa</i>	Coastal almond	energy, protein, Fe, Zn	
	<i>Persea americana</i>	Avocado	Vit A, Vit C - produces oil	

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The Gambia - Banjul	<i>Cordia myxa</i> <i>Mangifera indica</i>	Sebastian tree Mango	energy, protein Vit A, Vit C	
Ghana - Accra	<i>Terminalia catappa</i> <i>Mangifera indica</i>	Coastal almond Mango	energy, protein, Fe, Zn Vit A, Vit C	
Guinea - Conakry	<i>Psidium guajava</i> <i>Adansonia digitata</i>	Guava Boabab	Vit C, Vit A energy, protein, Fe, Vit C, nut and fruit eaten	Yes
Guinea-Bissau	<i>Canarium indicum</i> <i>Persea americana</i>	Galip nut Avocado	energy, protein, Vit A, Vit C, Fe, Zn Vit A, Vit C - produces oil	
Kenya - Nairobi	<i>Persea americana</i> <i>Treculia africana</i>	Avocado African breadfruit	Vit A, Vit C high iron	Yes
Lesotho - Maseru	<i>Ficus ingens</i> <i>Rhus undulata</i>	Red-leafed rock fig Kuni bush	Vit C Vit C, Fe, Zn	Yes
Liberia - Monrovia	<i>Terminalia catappa</i> <i>Persea americana</i>	Coastal almond Avocado	energy, protein, Fe, Zn Vit A, Vit C - produces oil	
Libya - Tripoli	<i>Balanites aegyptiaca</i> <i>Phoenix dactylifera</i>	Desert date Date palm	energy, protein, Fe energy, protein, Vit A, Vit C, Fe, Zn	
Madagascar - Antananarivo	<i>Malpighia glabra</i> <i>Moringa oleifera</i>	Barbados cherry Horseradish tree/ Moringa/Drumstick tree	energy, Vit A, Vit C good Vit C, iron, zinc from multiple edible parts	Yes
Malawi - Lilongwe	<i>Terminalia catappa</i> <i>Persea americana</i>	Coastal almond Avocado	energy, protein, Fe, Zn Vit A, Vit C - produces oil	

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Mali - Bamako	<i>Adansonia digitata</i> <i>Mangifera indica</i>	Boabab Mango	energy, protein, Fe, Vit C, nut and fruit eaten Vit A, Vit C	
Mauritania - Nouakchott	<i>Adansonia digitata</i> <i>Persea americana</i>	Boabab Avocado	energy, protein, Fe, Vit C, nut and fruit eaten Vit A, Vit C - produces oil	
Mauritius - Port Louis	<i>Ficus carica</i> <i>Persea americana</i>	Fig Avocado	energy, Vit A Vit A, Vit C - produces oil	
Morocco (Al Maghrib) - Rabat	<i>Prunus dulcis</i> <i>Ficus carica</i>	Almond Fig	energy, protein, Fe, Zn energy, Vit A	
Mozambique - Maputo	<i>Physalis peruviana</i> <i>Moringa oleifera</i>	Cape Gooseberry Horseradish tree/ Moringa/Drumstick tree	high Vit A, Vit C good Vit C, iron, zinc from multiple edible parts	Yes
Namibia - Windhoek	<i>Parinari curatellifolia</i> <i>Adansonia digitata</i>	Mobola plum Boabab	energy, protein, Fe, Zn energy, protein, Fe, Vit C, nut and fruit eaten	
Niger - Niamey	<i>Ficus carica</i> <i>Persea americana</i>	Fig Avocado	energy, Vit A Vit A, Vit C - produces oil	
Nigeria - Abuja	<i>Carica papaya</i> <i>Parinari curatellifolia</i>	Paw paw Mobola plum	Vit A, Vit C energy, protein, Fe, Zn	Yes
Rwanda - Kigali	<i>Parinari curatellifolia</i> <i>Persea americana</i>	Mobola plum Avocado	energy, protein, Fe, Zn Vit A, Vit C - produces oil	
São Tomé and Príncipe - São Tomé	<i>Terminalia catappa</i> <i>Persea americana</i>	Coastal almond Avocado	energy, protein, Fe, Zn Vit A, Vit C - produces oil	

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Senegal - Dakar	<i>Terminalia catappa</i> <i>Malpighia glabra</i>	Coastal almond Barbados Cherry	energy, protein, Fe, Zn energy, Vit A, Vit C	
Seychelles - Victoria, Seychelles	<i>Terminalia catappa</i> <i>Pouteria campechiana</i>	Coastal almond Egg fruit tree	energy, protein, Fe, Zn energy, protein, Vit A, Vit C, Fe,	
Sierra Leone - Freetown	<i>Moringa oleifera</i> <i>Malpighia glabra</i>	Horseradish tree/ Moringa/Drumstick tree Barbados Cherry	good Vit C, iron, zinc from multiple edible parts energy, Vit A, Vit C	Yes
Somalia - Mogadishu	<i>Terminalia catappa</i> <i>Persea americana</i>	Coastal almond Avocado	energy, protein, Fe, Zn Vit A, Vit C - produces oil	
South Africa - Pretoria	<i>Moringa oleifera</i> <i>Persea americana</i>	Horseradish tree/ Moringa/Drumstick tree Avocado	good Vit C, iron, zinc from multiple edible parts Vit A, Vit C - produces oil	Yes
South Sudan - Juba	<i>Terminalia catappa</i> <i>Adansonia digitata</i>	Coastal almond Boabab	energy, protein, Fe, Zn energy, protein, Fe, Vit C, nut and fruit eaten	
Sudan - Khartoum	<i>Terminalia catappa</i> <i>Persea americana</i>	Coastal almond Avocado	energy, protein, Fe, Zn Vit A, Vit C - produces oil	
Swaziland - Mbabane	<i>Moringa oleifera</i> <i>Persea americana</i>	Horseradish tree/ Moringa/Drumstick tree Avocado	good Vit C, iron, zinc from multiple edible parts Vit A, Vit C - produces oil	Yes
Togo - Lome	<i>Adansonia digitata</i> <i>Persea americana</i>	Boabab Avocado	energy, protein, Fe, Vit C, nut and fruit eaten Vit A, Vit C - produces oil	
Tunisia - Tunis	<i>Pinus pinea</i> <i>Ficus carica</i>	Stone pine Fig	energy, protein, Fe, Zn energy, Vit A	

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Uganda - Kampala	<i>Cyphomandra betacea</i> <i>Anacardium occidentale</i>	Tamarillo Cashew	Vit A, Vit C protein, Fe, Zn	Yes
Western Sahara	<i>Ficus carica</i> <i>Adansonia digitata</i>	Fig Boabab	energy, Vit A energy, protein, Fe, Vit C, nut and fruit eaten	
Zambia - Lusaka	<i>Parinari curatellifolia</i> <i>Mangifera indica</i>	Mobola plum Mango	energy, protein, Fe, Zn Vit A, Vit C	
Zimbabwe - Harare	<i>Macadamia integrifolia</i> <i>Persea americana</i>	Macadamia Avocado	energy, protein, Vit C, Fe, Zn Vit A, Vit C - produces oil	

## Asia:

Country / Capital	Tree - Scientific name	Tree - Common name	Tree – nutritional properties	Field Guide
Afghanistan - Kabul	<i>Terminalia catappa</i> <i>Diospyros kaki</i>	Coastal almond Persimmon	energy, protein, Fe, Zn Vit A, Vit C, Fe, Zn	
Armenia - Yerevan	<i>Prunus dulcis</i> <i>Diospyros kaki</i>	Almond Persimmon	energy, protein, Fe, Zn Vit A, Vit C, Fe, Zn	
Azerbaijan - Baku	<i>Juglans nigra</i> <i>Diospyros kaki</i>	Black walnut Persimmon	Vit A, Vit C, Fe, Zn Vit A, Vit C, Fe, Zn	
Bahrain - Manama	<i>Tamarindus indica</i> <i>Phoenix dactylifera</i>	Tamarind Date palm	Vit A, Vit C energy, protein, Vit A, Vit C, Fe, Zn	
Bangladesh - Dhaka	<i>Cyphomandra betacea</i> <i>Moringa oleifera</i>	Tamarillo Horseradish tree/ Moringa/Drumstick tree	Vit A, Vit C good Vit C, iron, zinc from multiple edible parts	Yes
Bhutan - Thimphu	<i>Castanopsis indica</i> <i>Persea americana</i>	Indian chestnut Avocado	protein Vit A, Vit C - produces oil	
Brunei - Bandar Seri Begawan	<i>Canarium odontophyllum</i> <i>Mangifera indica</i>	Borneo olive Mango	protein Vit A, Vit C	
Cambodia - Phnom Penh	<i>Nephelium lappaceum</i> <i>Anacardium occidentale</i>	Rambutan Cashew	Vit C protein, Fe, Zn	Yes
China - Beijing	<i>Terminalia catappa</i> <i>Adansonia digitata</i>	Coastal almond Boabab	energy, protein, Fe, Zn energy, protein, Fe, Vit C, nut and fruit eaten	
Taiwan (a.k.a. Republic Of China) - Taipei	<i>Terminalia catappa</i> <i>Diospyros kaki</i>	Coastal almond Persimmon	energy, protein, Fe, Zn Vit A, Vit C, Fe, Zn	

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East Timor (Timor Leste) - Dili	<i>Mangifera indica</i>	Mango	Vit A, Vit C	Yes
	<i>Aleurites moluccana</i>	Candle nut	high protein, Fe, Zn	
India - New Delhi	<i>Terminalia catappa</i>	Coastal almond	energy, protein, Fe, Zn	
	<i>Adansonia digitata</i>	Boabab	energy, protein, Fe, Vit C, nut and fruit eaten	
Indonesia - Jakarta	<i>Carica papaya</i>	Paw paw	Vit A, Vit C	Yes
	<i>Moringa oleifera</i>	Horseradish tree/ Moringa/Drumstick tree	good Vit C, iron, zinc from multiple edible parts	
Iran - Tehran	<i>Prunus dulcis</i>	Almond	energy, protein, Fe, Zn	
	<i>Mangifera indica</i>	Mango	Vit A, Vit C	
Iraq - Baghdad	<i>Pinus pinea</i>	Stone pine	energy, protein, Fe, Zn	
	<i>Phoenix dactylifera</i>	Date palm	energy, protein, Vit A, Vit C, Fe, Zn	
Israel - Jerusalem	<i>Pinus pinea</i>	Stone pine	energy, protein, Fe, Zn	
	<i>Persea americana</i>	Avocado	Vit A, Vit C - produces oil	
Palestine - Gaza	<i>Prunus dulcis</i>	Almond	energy, protein, Fe, Zn	
	<i>Pinus pinea</i>	Stone pine	energy, protein, Fe, Zn	
Japan - Tokyo	<i>Terminalia catappa</i>	Coastal almond	energy, protein, Fe, Zn	
	<i>Pouteria campechiana</i>	Egg fruit tree	energy, protein, Vit A, Vit C, Fe,	
Jordan - Amman	<i>Balanites aegyptiaca</i>	Desert date	energy, protein, Fe	
	<i>Phoenix dactylifera</i>	Date palm	energy, protein, Vit A, Vit C, Fe, Zn	
Kazakhstan - Astana	<i>Juglans regia</i>	Walnut	energy, protein, Vit A, Vit C, Fe, Zn	
	<i>Prunus persica</i>	Peach	energy, Vit A, Vit C	



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Kuwait - Kuwait	<i>Phoenix dactylifera</i>	Date palm	energy, protein, Vit A, Vit C, Fe, Zn	
	<i>Ziziphus mauritiana</i>	Indian jujube	energy, protein, Fe, Zn	
Kyrgyzstan - Bishkek	<i>Morus nigra</i>	Persian mulberry	Vit C	
	<i>Prunus armeniaca</i>	Apricot	Vit A, Vit C	
Laos - Vientiane	<i>Terminalia catappa</i>	Coastal almond	energy, protein, Fe, Zn	
	<i>Persea americana</i>	Avocado	Vit A, Vit C - produces oil	
Lebanon - Beirut	<i>Pinus pinea</i>	Stone pine	energy, protein, Fe, Zn	
	<i>Phoenix dactylifera</i>	Date palm	energy, protein, Vit A, Vit C, Fe, Zn	
Malaysia - Kuala Lumpur	<i>Terminalia catappa</i>	Coastal almond	energy, protein, Fe, Zn	
	<i>Adansonia digitata</i>	Boabab	energy, protein, Fe, Vit C, nut and fruit eaten	
Maldives - Malé	<i>Terminalia catappa</i>	Coastal almond	energy, protein, Fe, Zn	
	<i>Pouteria campechiana</i>	Egg fruit tree	energy, protein, Vit A, Vit C, Fe,	
Mongolia - Ulaanbaatar	<i>Prunus persica</i>	Peach	Vit A	
	<i>Prunus armeniaca</i>	Apricot	Vit A, Vit C	
Myanmar - Naypyidaw	<i>Terminalia catappa</i>	Coastal almond	energy, protein, Fe, Zn	
	<i>Phoenix dactylifera</i>	Date palm	energy, protein, Vit A, Vit C, Fe, Zn	
Nepal - Kathmandu	<i>Phyllanthus emblica</i>	Emblic	Vit C	Yes
	<i>Juglans regia</i>	Walnut	energy, protein, Vit A, Vit C, Fe, Zn	
North Korea - Pyongyang	<i>Ziziphus jujuba</i>	Jujube	Vit C, Fe, Zn	Yes
	<i>Castanea mollissima</i>	Chinese Chestnut	all rounder	

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Oman - Muscat	<i>Adansonia digitata</i>	Boabab	energy, protein, Fe, Vit C, nut and fruit eaten	
	<i>Phoenix dactylifera</i>	Date palm	energy, protein, Vit A, Vit C, Fe, Zn	
Pakistan - Islamabad	<i>Malpighia glabra</i>	Barbados cherry	energy, Vit A, Vit C	Yes
	<i>Moringa oleifera</i>	Horseradish tree/ Moringa/Drumstick tree	good Vit C, iron, zinc from multiple edible parts	
Philippines - Manila	<i>Carica papaya</i>	Paw paw	Vit A, Vit C	Yes
	<i>Moringa oleifera</i>	Horseradish tree/ Moringa/Drumstick tree	good Vit C, iron, zinc from multiple edible parts	
Qatar - Doha	<i>Moringa oleifera</i>	Horseradish tree/ Moringa/Drumstick tree	good Vit C, iron, zinc from multiple edible parts	
	<i>Acacia tortilis</i>	Umbrella thorn	protein	
Russia - Moscow	<i>Juglans regia</i>	Walnut	energy, protein, Vit A, Vit C, Fe, Zn	
	<i>Ziziphus jujuba</i>	Chinese date	energy, protein, Vit A, Vit C, Fe, Zn, fruit used fresh and dried	
Saudi Arabia - Riyadh	<i>Balanites aegyptiaca</i>	Mobola plum	energy, protein, Fe	
Singapore - Singapore	<i>Terminalia catappa</i>	Coastal almond	energy, protein, Fe, Zn	
	<i>Malpighia glabra</i>	Barbados Cherry	energy, Vit A, Vit C	
South Korea - Seoul	<i>Ginkgo biloba</i>	Ginko	energy, protein, Vit A, Vit C, Fe, Zn	
	<i>Ziziphus jujuba</i>	Chinese date	energy, protein, Vit A, Vit C, Fe, Zn, fruit used fresh and dried	
Sri Lanka - Sri Jayawardenapura Kotte	<i>Mangifera indica</i>	Mango	Vit A, Vit C	Yes
	<i>Anacardium occidentale</i>	Cashew	protein, Fe, Zn	

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Syria - Damascus	<i>Pinus pinea</i>	Stone pine	energy, protein, Fe, Zn	
	<i>Ziziphus jujuba</i>	Chinese date	energy, protein, Vit A, Vit C, Fe, Zn, fruit used fresh and dried	
Tajikistan - Dushanbe	<i>Prunus dulcis</i>	Almond	energy, protein, Fe, Zn	
	<i>Ziziphus jujuba</i>	Chinese date	energy, protein, Vit A, Vit C, Fe, Zn, fruit used fresh and dried	
Thailand (Muang Thai) - Bangkok	<i>Terminalia catappa</i>	Coastal almond	energy, protein, Fe, Zn	
	<i>Malpighia glabra</i>	Barbados Cherry	energy, Vit A, Vit C	
Turkey - Ankara	<i>Pinus pinea</i>	Stone pine	energy, protein, Fe, Zn	
	<i>Ficus carcia</i>	Fig	energy, Vit A	
Turkmenistan - Aşgabat	<i>Prunus dulcis</i>	Almond	energy, protein, Fe, Zn	
	<i>Ficus carcia</i>	Fig	energy, Vit A	
United Arab Emirates - Abu Dhabi	<i>Moringa oleifera</i>	Horseradish tree/ Moringa/Drumstick tree	good Vit C, iron, zinc from multiple edible parts	
	<i>Phoenix dactylifera</i>	Date palm	energy, protein, Vit A, Vit C, Fe, Zn	
Uzbekistan - Tashkent	<i>Prunus dulcis</i>	Almond	energy, protein, Fe, Zn	
	<i>Ficus carcia</i>	Fig	energy, Vit A	
Vietnam - Hanoi	<i>Mangifera indica</i>	Mango	Vit A, Vit C	Yes
	<i>Moringa oleifera</i>	Horseradish tree/ Moringa/Drumstick tree	good Vit C, iron, zinc from multiple edible parts	
Yemen - Sana'a	<i>Adansonia digitata</i>	Boabab	energy, protein, Fe, Vit C, nut and fruit eaten	
	<i>Mangifera indica</i>	Mango	Vit A, Vit C	

## Europe:

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Albania - Tirana	<i>Juglans regia</i>	Walnut	hardy, energy, protein, Fe and Zn. Best to use a grafted variety	
	<i>Prunus domestica</i>	European plum	hardy, easy to propagate, fruit can be used fresh, dried or cooked	
Andorra - Andorra la Vella	<i>Olea europaea</i>	Olive	energy	
	<i>Prunus dulcis</i>	Almond	energy, protein, Fe, Zn	
Austria - Vienna	<i>Juglans regia</i>	Walnut	hardy, energy, protein, Fe and Zn. Best to use a grafted variety	
	<i>Prunus domestica</i>	European plum	hardy, easy to propagate, fruit can be used fresh, dried or cooked	
Belarus - Minsk	<i>Corylus avellana</i>	Hazel nut	hardy, energy and protein. Keeps well.	
	<i>Prunus avium</i>	Wild cherry	Tolerates frost, all nutrients, energy, multiple uses for fruit	
Belgium - Brussels	<i>Corylus avellana</i>	Hazel nut	hardy, energy and protein. Keeps well.	
	<i>Pyrus communis</i>	Pear	all nutrients	
Bosnia and Herzegovina - Sarajevo	<i>Corylus avellana</i>	Hazel nut	hardy, energy and protein. Keeps well.	
	<i>Cornus mas</i>	Cornelian cherry	energy, Vit C, hardy small tree	
Bulgaria - Sofia	<i>Juglans regia</i>	Walnut	hardy, energy, protein, Fe and Zn. Best to use a grafted variety	
	<i>Prunus armeniaca</i>	Apricot	high Vit A	
Croatia - Zagreb	<i>Prunus dulcis</i>	Almond	Energy, Protein, Fe, Zn	
	<i>Morus nigra</i>	Black mulberry	good nutrition, grows easily from large cuttings.	

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Cyprus - Nicosia	<i>Prunus dulcis</i>	Almond	energy, protein, Fe, Zn	
	<i>Ficus carica</i>	Fig	energy, Vit A	
Czech Republic - Prague	<i>Ginkgo biloba</i>	Ginko	covers all nutrients and energy. Careful preparation needed.	
	<i>Cornus mas</i>	Cornelian cherry	energy, Vit C, hardy small tree	
Denmark - Copenhagen	<i>Juglans cinerea</i>	White walnut	protein	
	<i>Prunus avium</i>	Wild cherry	tolerates frost, all nutrients, energy, multiple uses for fruit	
Estonia - Tallinn	<i>Corylus avellana</i>	Hazel nut	hardy, energy and protein. Keeps well.	
	<i>Prunus cerasus</i>	Sour cherry	Fruit used fresh or dry, high energy, Vit A	
Finland - Helsinki	<i>Corylus avellana</i>	Hazel nut	hardy, energy and protein. Keeps well.	
	<i>Sambucus nigra</i>	European elderberry	protein	
France - Paris	<i>Juglans regia</i>	Walnut	hardy, energy, protein, Fe and Zn. Best to use a grafted variety	
	<i>Ficus carica</i>	Fig	energy, Vit A	
Georgia - Tbilisi	<i>Prunus dulcis</i>	Almond	energy, protein, Fe, Zn	
	<i>Ficus carica</i>	Fig	energy, Vit A	
Germany - Berlin	<i>Juglans regia</i>	Walnut	hardy, energy, protein, Fe and Zn. Best to use a grafted variety	
	<i>Ficus carica</i>	Fig	energy, Vit A	
Greece - Athens	<i>Pinus pinea</i>	Stone pine	energy, protein, Fe, Zn	
	<i>Ziziphus jujuba</i>	Chinese date	energy, protein, Vit A, Vit C, Fe, Zn, fruit used fresh and dried	

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Hungary - Budapest	<i>Juglans regia</i>	Walnut	hardy, energy, protein, Fe and Zn. Best to use a grafted variety high Vit A	
	<i>Prunus armeniaca</i>	Apricot		
Iceland - Reykjavik	<i>Prunus dulcis</i>	Almond	energy, protein, Fe, Zn	
	<i>Prunus domestica</i>	European plum	Hardy, easy to propagate, fruit can be used fresh, dried or cooked	
Republic of Ireland - Dublin	<i>Juglans regia</i>	Walnut	hardy, energy, protein, Fe and Zn. Best to use a grafted variety tolerates frost, all nutrients, energy, multiple uses for fruit	
	<i>Prunus avium</i>	Wild cherry		
Italy - Rome	<i>Pinus pinea</i>	Stone pine	energy, protein, Fe, Zn	
	<i>Ziziphus jujuba</i>	Chinese date	energy, protein, Vit A, Vit C, Fe, Zn, fruit used fresh and dried	
Latvia - Riga	<i>Viburnum opulus</i>	Cranberry bush	protein	
	<i>Prunus spinosa</i>	Sloe		
Liechtenstein - Vaduz	<i>fagus grandifolia</i>	Beech mast	energy, Vit C	
	<i>Prunus cerotina</i>	Black cherry	Vit A	
Lithuania - Vilnius	<i>Juglans regia</i>	Walnut	hardy, energy, protein, Fe and Zn. Best to use a grafted variety high Vit A	
	<i>Prunus armeniaca</i>	Apricot		
Luxembourg - Luxembourg City	<i>Juglans regia</i>	Walnut	hardy, energy, protein, Fe and Zn. Best to use a grafted variety Vit A	
	<i>Prunus domestica</i>	European Plum		
Republic of Macedonia - Skopje	<i>Prunus dulcis</i>	Almond	energy, protein, Fe, Zn	
	<i>Ficus carica</i>	Fig	energy, Vit A	

Country / Capital	Tree - Scientific name	Tree - Common name	Tree – nutritional properties	Field Guide
Malta - Valletta	<i>Olea europaea</i>	Olive	Energy	
	<i>Ficus carica</i>	Fig	energy, Vit A	
Moldova - Chisinau	<i>Juglans regia</i>	Walnut	hardy, energy, protein, Fe and Zn. Best to use a grafted variety	
	<i>Prunus armeniaca</i>	Apricot	high Vit A	
Monaco - Monaco	<i>Prunus armeniaca</i>	Apricot	high Vit A	
Montenegro - Podgorica	<i>Olea europaea</i>	Olive	energy	
	<i>Prunus armeniaca</i>	Apricot	Vit A	
Netherlands - Amsterdam	<i>Gingko biloba</i>	Ginko	covers all nutrients and energy. Careful preparation needed.	
	<i>Prunus avium</i>	Wild cherry	tolerates frost, all nutrients, energy, multiple uses for fruit	
Norway - Oslo	<i>Corylus avellana</i>	Hazel nut	hardy, energy and protein. Keeps well.	
	<i>Prunus avium</i>	Wild cherry	tolerates frost, all nutrients, energy, multiple uses for fruit	
Poland - Warsaw	<i>Corylus avellana</i>	Hazel nut	hardy, energy and protein. Keeps well.	
	<i>Prunus domestica</i>	European plum	hardy, easy to propagate, fruit can be used fresh, dried or cooked	
Portugal - Lisbon	<i>Pinus pinea</i>	Stone pine	energy, protein, Fe, Zn	
	<i>Ziziphus jujuba</i>	Chinese date	energy, protein, Vit A, Vit C, Fe, Zn, fruit used fresh and dried	
Romania - Bucharest	<i>Juglans nigra</i>	Black walnut	energy, protein, Vit A, Vit C, Fe, Zn	
	<i>Prunus armeniaca</i>	Apricot	high Vit A	

Country / Capital	Tree - Scientific name	Tree - Common name	Tree – nutritional properties	Field Guide
Serbia - Belgrade	<i>Prunus domestica</i>	European plum	hardy, easy to propagate, fruit can be used fresh, dried or cooked	
Slovakia - Bratislava	<i>Juglans regia</i>	Walnut	hardy, energy, protein, Fe and Zn. Best to use a grafted variety	
	<i>Prunus avium</i>	Wild cherry	tolerates frost, all nutrients, energy, multiple uses for fruit	
Slovenia - Ljubljana	<i>Juglans regia</i>	Walnut	hardy, energy, protein, Fe and Zn. Best to use a grafted variety	
	<i>Prunus avium</i>	Wild cherry	tolerates frost, all nutrients, energy, multiple uses for fruit	
Spain - Madrid	<i>Pinus pinea</i>	Stone pine	energy, protein, Fe, Zn	
	<i>Pouteria sapota</i>	Sapote	energy, Vit A, Vit C, Fe. Long lived and produces fruit for many years	
Sweden - Stockholm	<i>Corylus avellana</i>	Hazel nut	hardy, energy and protein. Keeps well.	
	<i>Prunus serotina</i>	Black cherry	Multiple uses of fruit, bark and twigs, energy, Vit A, Vit C	
Switzerland - Bern	<i>Corylus avellana</i>	Hazel nut	hardy, energy and protein. Keeps well.	
	<i>Prunus avium</i>	Wild cherry	tolerates frost, all nutrients, energy, multiple uses for fruit	
Turkey - Ankara	<i>Pinus pinea</i>	Stone pine	energy, protein, Fe, Zn	
	<i>Phoenix dactylifera</i>	Date palm	energy, protein, Vit A, Vit C, Fe, Zn	
Ukraine - Kyiv or Kiev	<i>Prunus persica</i>	Peach	energy, Vit A, Vit C	
United Kingdom - London	<i>Juglans regia</i>	Walnut	hardy, energy, protein, Fe and Zn. Best to use a grafted variety	
	<i>Malus domestica</i>	Apple	energy, Vit C	



## North America:

Country / Capital	Tree - Scientific name	Tree - Common name	Tree – nutritional properties	Field Guide
Canada - Ottawa	<i>Juglans regia</i>	Walnut	hardy, energy, protein, Fe and Zn. Best to use a grafted variety	
	<i>Prunus serotina</i>	Black cherry	multiple uses of fruit, bark and twigs, energy, Vit A, Vit C	
Mexico - Mexico City	<i>Terminalia catappa</i>	Coastal almond	energy, protein, Fe, Zn	
	<i>Malpighia glabra</i>	Barbados Cherry	energy, Vit A, Vit C	
United States - Washington DC	<i>Carya illinoensis</i>	Pecan	energy, Zn	
	<i>Malus domestica</i>	Apple	energy, Vit C	

## Central America and the Antilles:

Country / Capital	Tree - Scientific name	Tree - Common name	Tree – nutritional properties	Field Guide
Antigua and Barbuda - St. John's	<i>Adansonia digitata</i> <i>Mangifera indica</i>	Boabab Mango	energy, protein, Fe, Vit C, nut and fruit eaten Vit A, Vit C	
Bahamas - Nassau	<i>Terminalia catappa</i> <i>Mangifera indica</i>	Coastal almond Mango	energy, protein, Fe, Zn Vit A, Vit C	
Barbados - Bridgetown	<i>Terminalia catappa</i> <i>Psidium guajava</i>	Coastal almond Guava	energy, protein, Fe, Zn Vit C, Vit A	
Belize - Belmopan	<i>Terminalia catappa</i> <i>Persea americana</i>	Coastal almond Avocado	energy, protein, Fe, Zn Vit A, Vit C - produces oil	
Costa Rica - San José	<i>Terminalia catappa</i> <i>Mangifera indica</i>	Coastal almond Mango	energy, protein, Fe, Zn Vit A, Vit C	
Cuba - Havana	<i>Terminalia catappa</i> <i>Malpighia glabra</i>	Coastal almond Barbados Cherry	energy, protein, Fe, Zn energy, Vit A, Vit C	
Dominica - Roseau	<i>Terminalia catappa</i> <i>Persea americana</i>	Coastal almond Avocado	energy, protein, Fe, Zn Vit A, Vit C - produces oil	
Dominican Republic (Republica Dominicana) - Santo Domingo	<i>Terminalia catappa</i> <i>Adansonia digitata</i>	Coastal almond Boabab	energy, protein, Fe, Zn energy, protein, Fe, Vit C, nut and fruit eaten	
El Salvador - San Salvador	<i>Terminalia catappa</i> <i>Adansonia digitata</i>	Coastal almond Boabab	energy, protein, Fe, Zn energy, protein, Fe, Vit C, nut and fruit eaten	
Grenada - St George's	<i>Terminalia catappa</i> <i>Diospyros digyna</i>	Coastal almond Black sapote	energy, protein, Fe, Zn Vit A, Vit C	

Country / Capital	Tree - Scientific name	Tree - Common name	Tree – nutritional properties	Field Guide
Guatemala - Guatemala	<i>Macadamia integrifolia</i> <i>Persea americana</i>	Macadamia Avocado	energy, protein, Vit C, Fe, Zn Vit A, Vit C - produces oil	
Haiti - Port-au-Prince	<i>Anacardium occidentale</i> <i>Malpighia glabra</i>	Cashew Barbados Cherry	protein, Fe, Zn energy, Vit A, Vit C	
Honduras - Tegucigalpa	<i>Anacardium occidentale</i> <i>Malpighia glabra</i>	Cashew Barbados Cherry	protein, Fe, Zn energy, Vit A, Vit C	Yes
Jamaica - Kingston, Jamaica	<i>Terminalia catappa</i> <i>Pouteria campechiana</i>	Coastal almond Egg fruit tree	energy, protein, Fe, Zn energy, protein, Vit A, Vit C, Fe,	
Nicaragua - Managua	<i>Terminalia catappa</i> <i>Psidium guajava</i>	Coastal almond Guava	energy, protein, Fe, Zn Vit C, Vit A	
Panama - Panama City	<i>Anacardium occidentale</i> <i>Persea americana</i>	Cashew Avocado	protein, Fe, Zn Vit A, Vit C - produces oil	
Saint Kitts and Nevis - Basseterre	<i>Canarium ovatum</i> <i>Adansonia digitata</i>	Pili nut Boabab	energy, protein, Vit A, Vit C, Fe, Zn energy, protein, Fe, Vit C, nut and fruit eaten	
Saint Lucia - Castries	<i>Citrus aurantiifolia</i> <i>Annona reticulata</i>	Lime Bullock's heart	Vit C Vit C	
Saint Vincent and the Grenadines - Kingstown	<i>Cyphomandra betacea</i> <i>Diospyros digyna</i>	Tamarillo Black sapote	Vit A Vit A, Vit C	
Trinidad and Tobago - Port of Spain	<i>Terminalia catappa</i> <i>Persea americana</i>	Coastal almond Avocado	energy, protein, Fe, Zn Vit A, Vit C - produces oil	

## South America:

Country / Capital	Tree - Scientific name	Tree - Common name	Tree – nutritional properties	Field Guide
Argentina - Buenos Aires	<i>Annona muricata</i>	Soursop	Vit C	
	<i>Persea americana</i>	Avocado	Vit A, Vit C - produces oil	
Bolivia - La Paz	<i>Bertholettia excelsa</i>	Brazil nut	energy, protein, Fe, Zn	
	<i>Plinia cauliflora</i>	Brazilian grape tree	energy, Vit A, Vit C	
Brazil - Brasília	<i>Prunus dulcis</i>	Almond	energy, protein, Fe, Zn	
	<i>Malpighia glabra</i>	Barbados Cherry	energy, Vit A, Vit C	
Chile - Santiago	<i>Prunus dulcis</i>	Almond	energy, protein, Fe, Zn	
	<i>Persea americana</i>	Avocado	Vit A, Vit C - produces oil	
Colombia - Bogotá	<i>Terminalia catappa</i>	Coastal almond	energy, protein, Fe, Zn	
	<i>Pouteria campechiana</i>	Egg fruit tree	energy, protein, Vit A, Vit C, Fe,	
Ecuador - Quito	<i>Anacardium occidentale</i>	Cashew	protein, Fe, Zn	Yes
	<i>Spondias purpurea</i>	Purple mombin	Vit A, Vit C	
French Guiana - Cayenne	<i>Bertholittia excelsa</i>	Brazil nut	Energy, Zinc	
	<i>Carica papaya</i>	Pawpaw	Vit A, Vit C	
Guyana - Georgetown	<i>Adansonia digitata</i>	Boabab	energy, protein, Fe, Vit C, nut and fruit eaten	
	<i>Malpighia glabra</i>	Barbados Cherry	energy, Vit A, Vit C	
Paraguay - Asuncion	<i>Dipteryx alata</i>	Baru	energy, protein	
	<i>Citrus aurantium</i>	Seville orange	Vit C	
Peru - Lima	<i>Terminalia catappa</i>	Coastal almond	energy, protein, Fe, Zn	
	<i>Persea americana</i>	Avocado	Vit A, Vit C - produces oil	

Country / Capital	Tree - Scientific name	Tree - Common name	Tree – nutritional properties	Field Guide
Suriname - Paramaribo	<i>Acca sellowiana</i> <i>Artocarpus alitilus</i>	Feijoa Breadfruit	Vit C energy	
Uruguay - Montevideo	<i>Spondias mombin</i> <i>Plinia cauliflora</i>	Mombin Brazilian grape tree	Vit A, Vit C energy, Vit A, Vit C	
Venezuela - Caracas	<i>Prunus dulcis</i> <i>Persea americana</i>	Almond Avocado	energy, protein, Fe, Zn Vit A, Vit C - produces oil	

## Oceania:

Country / Capital	Tree - Scientific name	Tree - Common name	Tree – nutritional properties	Field Guide
Australia - Canberra	<i>Juglans cinerea</i> <i>Prunus armeniaca</i>	White walnut Avocado	energy, protein, Vit A, Vit C, Fe, Zn high Vit A	
New Zealand - Wellington	<i>Inocarpus fagifer</i> <i>Acca sellowiana</i>	Tahitian chestnut Pineapple guava	energy, Fe, Zn Vit C - grows throughout NZ	

## Melanesia:

Country / Capital	Tree - Scientific name	Tree - Common name	Tree – nutritional properties	Field Guide
Fiji - Suva	<i>Terminalia catappa</i> <i>Malpighia glabra</i>	Coastal almond Barbados Cherry	energy, protein, Fe, Zn energy, Vit A, Vit C	
Papua New Guinea - Port Moresby	<i>Inocarpus fagifer</i> <i>Persea americana</i>	Tahitian chestnut Avocado	energy, Fe, Zn Vit A, Vit C - produces oil	Yes
Solomon Islands - Honiara	<i>Terminalia catappa</i> <i>Mangifera indica</i>	Coastal almond Mango	energy, protein, Fe, Zn Vit A, Vit C	Yes
Vanuatu - Port Vila	<i>Terminalia catappa</i> <i>Mangifera indica</i>	Coastal almond Mango	energy, protein, Fe, Zn Vit A, Vit C	

## Micronesia:

Country / Capital	Tree - Scientific name	Tree - Common name	Tree – nutritional properties	Field Guide
Kiribati - South Tarawa	<i>Terminalia catappa</i> <i>Mangifera indica</i>	Coastal almond Mango	energy, protein, Fe, Zn Vit A, Vit C	
Marshall Islands - Majuro	<i>Terminalia catappa</i> <i>Mangifera indica</i>	Coastal almond Mango	energy, protein, Fe, Zn Vit A, Vit C	
Micronesia - Palikir	<i>Terminalia catappa</i> <i>Carica papaya</i>	Coastal almond Pawpaw	energy, protein, Fe, Zn Vit A, Vit C	
Nauru - Yaren	<i>Terminalia catappa</i> <i>Persea americana</i>	Coastal almond Avocado	energy, protein, Fe, Zn Vit A, Vit C - produces oil	
Palau - Koror	<i>Terminalia catappa</i> <i>Ficus carcia</i>	Coastal almond Fig	energy, protein, Fe, Zn energy, Vit A	

## Polynesia:

Country / Capital	Tree - Scientific name	Tree - Common name	Tree – nutritional properties	Field Guide
Samoa - Apia	<i>Terminalia catappa</i> <i>Mangifera indica</i>	Coastal almond Mango	energy, protein, Fe, Zn Vit A, Vit C	
Tonga - Nuku'alofa	<i>Terminalia catappa</i> <i>Persea americana</i>	Coastal almond Avocado	energy, protein, Fe, Zn Vit A, Vit C - produces oil	
Tuvalu - Funafuti	<i>Terminalia catappa</i> <i>Mangifera indica</i>	Coastal almond Mango	energy, protein, Fe, Zn Vit A, Vit C	