

[Of the Bark or Leaves of a Tree Called Baobab] Handley Chipman

Date: Written sometime in 1776. | 1776/01/01 to 1776/12/31

Author

Handley Chipman

Publication Format

Manuscript

Type

Food

Medicine

Symptoms

perspiration

fevers

heat of urine

Ingredients

couscous

millet flour

lalo

baobab

Places

Senegal

Nova Scotia

Source: Handley Chipman's Notes, Vol. 2

Institution: Nova Scotia Archives | **Source Origin:** Chipman Family Papers | **Reference:** MG Vol. 218 / Microfilm Reel 10,154

Description

A description of the Senegalese practice of adding lalo to couscous for medicinal reasons. No. 205, p. 120.

Transcription

Of the bark or Leaves of a tree^[**Baobab**] called M^{rs}. Adamson, Saith the principal food of the Negros at Senegal is called Couscous, it is a kind of paste made of the flour of Millet, into which some meat or fish is in: :fused, Into this they always put two or three pinches of Lalo, this is the bark or Leaves of a tree called **Baobab**, dried in the Shade and reduced to a Powder, which they keep dry in Little Cotton Bags, without any other care, they add this to their food, not to give it a Relish, but to keep up a free perspiration

in their body's, which is health to them, and
to Allay the too great heat of the blood, &c
Experience he faith hath taught him this
[ptisan] alone is^[not only] sufficient to remedy
against ardent fevers, but also against th[e]
heat of Urine, which is frequent there from
July to Nov^r: the fruite of said tree he saith
is not less useful, then its Leaves, the pulp
has an agreable taste, but he saith wine
ought to be abstained from &c.

Annotations

Baobab:

The African baobab native to arid regions can live for up to 2500 to 5000 years. Known as the "tree of life," the baobab is valued for its energy and immunity boosting effects as well as it benefits to skin and digestion.

Of the Bark or Leaves of a Tree Called Baobab recipe from Early Modern Maritime Recipes: <https://emmr.lib.unb.ca/recipes/99>