

BAMBARA NUT: A REVIEW OF UTILISATION, MARKET POTENTIAL AND CROP IMPROVEMENT

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ABSTRACT

Bambara groundnut (*Vigna subterranea* (L.) Verdc.) originated in West Africa but has become widely distributed throughout the semi-arid zone of sub-Saharan Africa (SSA). Sharing a high nutritive value with other widely consumed legumes, bambara has an appealing flavour which is reflected in demand from small local and niche markets. Despite its high and balanced protein content, bambara remains under-utilised because it takes a long time to cook, contains anti-nutritional factors and does not dehull easily. Bambara yields well under conditions which are too arid for groundnut (*Arachis hypogea*), maize (*Zea mays* L.) and even sorghum (*Sorghum bicolor* L.). Its drought tolerance makes bambara a useful legume to include in climate change adaptation strategies. Existing bambara products are not well promoted in the local or international markets and new products are needed that highlight its inherent nutritional and culinary advantages. A number of projects on bambara, involving several countries in SSA since the 1980s, have failed to stimulate a sustainable increase in the production of the crop. The absence of functioning value chains has been a factor in this failure, as accessible market outlets might provide the required incentive for smallholder households to obtain improved seed and invest more of their land and labour in the crop. There is little documented evidence of trade in bambara but circumstantial evidence indicates considerable international demand. More attention should be given, therefore, to market research and development, with crop improvement programmes being more market-led, if bambara is to make a greater contribution to household income and rural development in SSA.

Key Words: Anti-nutritional factors, *Vigna subterranea*

RÉSUMÉ

Les arachides Bambara (*Vigna subterranea* (L.) Verdc.) d'origine Ouest Africaine ont été largement répandues dans la zone semi aride sub saharienne. Avec sa valeur nutritive élevée à côté d'autres léguminees largement consommées, bambara a une saveur attractive qui se reflète dans sa demande sur des petits marchés locaux. Malgré sa teneur équilibrée en protéines, bambara reste sous utilisé par suite du long moment de cuisson, contient des facteurs anti-nutritionnels et sa coque ne s'enlève pas facilement. Bambara produit de bons rendements dans des conditions qui sont trop arides pour les arachides (*Arachis hypogea*), le maïs (*Zea mays*) et même le sorgho (*Sorghum bicolor*). Sa tolérance en sécheresse fait du bambara une légume utile surtout lorsque il s'agit des stratégies d'adaptation au changement climatique. Les produits existants de bambara ne sont pas bien promus sur des marchés locaux ou internationaux et de nouveaux produits montrant tous les avantages nutritionnels et culinaires sont désirés. Un nombre de projets sur bambara impliquant plusieurs pays d'Afrique Sub Saharienne depuis 1980, ont échoué de stimuler une augmentation durable de la production de cette culture. L'absence de chaînes des valeurs fonctionnelles a été un facteur de cet échec, étant donné que des points de vente sur les marchés accessibles devraient motiver les petits ménages pour obtenir des semences améliorées et plus investir dans leurs terres et la main d'oeuvre. Il ya très peu d'évidence documentée sur le commerce du bambara mais des évidences circonstancielles font montrent

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