



Market-Oriented Value Chains for Jobs and Growth in the ECOWAS Region (MOVE-ComCashew)

The Economic Potential of Cashew Apple Processing

About 17.6 million MT of cashew apples were produced in 2020. Cashew apples are often discarded once the nut is harvested and separated from the apple. Yet cashew apple is nutritious and offers the potential of becoming a healthy part of the African diet.

“An apple a day keeps the doctor away”

The Cashew apple has a fibrous flesh full of juice and is an excellent source of Vitamin C. Cashew apples:

- 🍎 Contain 5x the Vitamin C in oranges and;
- 🍎 12x the Vitamin C in pineapples
- 🍎 Carry important antioxidants, iron, and calcium
- 🍎 Contain mineral salts
- 🍎 Are good source of Vitamins A & B

Cashew apple products

Delicious and nutritious cashew apples can be consumed as fruits and in various forms after processing.

Dried Cashew Apples: Like dried mango, cashew apples can easily be dried and eaten.



Juices and Nectar:

The apple can be processed into pulp for juice.

Jams, syrups, and honey

Cashew jams, syrups or honey are made from the pulp.



Drinks: Wine, Beer, Brandy

Producing cashew alcohol can be very lucrative. In Brazil, these products are commonly found. Cashew apples can also be used to produce vinegar.



Cashew apple as meat substitutes

Cashew apples are used as meat substitutes for cashew apple kebab, cashew apple shawarma, sauces such as ragout and omelets.



Sweets and candies:

Cashew apple pulp is an excellent base for sweets

Non-food uses of cashew apples include:

- Energy production
- Animal feed
- Compost/manure
- Industrial alcohol

The potential for cashew apple processing in Africa

About 50% of cashew apples harvested could be processed into food products if processing took place in medium or large-scale factories. However, lack of awareness and know-how about proper harvest and post-harvest procedures hampers investments.

Cashew apples create additional income and nutrition for households and entrepreneurs

Strengthened regional economy & food supply
Higher profitability and competitiveness of cashew value chain

Agricultural & industrial employment opportunities

Creating a market for cashew apple products

Cashew apple processing improves the profitability and competitiveness of the cashew value chain by adding value to the cashew apple and thus increasing household income. In addition to the economic advantages, cashew apples contribute to food supply and a healthier diet.

Cashew apples reduce malnutrition

The annual cashew apple crop of about 10 billion kg in Africa can be processed into at least 2.5 billion kg of juice and puree. The consumption of only one-third of this cashew juice and puree by children 4-14 years old would cover their Vitamin C requirements by more than 85% during the cashew harvesting season. Thus cashew apples have a real potential to reduce malnutrition in rural areas.

ComCashew's intervention:

Considering the significant potential for improving the cashew value chain, ComCashew commissioned a study showing the potentials of medium to large scale commercial production and sale of cashew juice and puree in Africa. At the same time, pilot projects for the small-scale, community-based production of cashew apple products were initiated.

Comcashew-supported communities almost tripled their margins from cashew apple processing in four years. ComCashew continues to support processors through technical assistance and business development services to promote the development of cashew apple products.

Business models for value addition of cashew apples in West Africa

A study commissioned by ComCashew to understand the potential for cashew apple processing in Ghana and other African countries identified some economically feasible business models with the potential to drive cashew apple processing, improve cashew farmer incomes and reinforce the sustainability of the cashew sector in West African countries. The models include:

- Cashew apple aggregator
- Cashew apple pre-processor
- Cashew apple juice and concentrate producer.
- Large-scale cashew apple juice bottler
- Cashew apple toll-bottler

Farmer cooperatives, processors and investors are encouraged to seize the opportunity to develop a highly profitable cashew apple processing industry and create competitive products for the domestic and export market.

Published by Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ) GmbH

Registered offices Bonn and Eschborn, Germany

Project MOVE- ComCashew
Ghana
www.comcashew.org

Contact mary.adzanyo@giz.de

Design/Layout MOVE-ComCashew – Valerie Toffey

Photo credits GIZ

The Multi-Donor Action is jointly co-funded by the European Union under the post-Cotonou agreement with OACPS and the German Federal Ministry for Economic Cooperation and Development (BMZ).

GIZ is responsible for the content of this publication

As at September 2023, Accra

