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### *Canarium album*

[Synonyms : *Canarium sinense*, *Canarium tonkinense*, *Pimella alba*]

**CHINESE OLIVE** is a tree. Native to China, Vietnam and the Philippines it has olive-like fruit.

It is also known as *Azeitona da China* (Portuguese), *Bai lan* (Chinese), *Ca-na* (Vietnamese), *Canari vulgaire* (French), Chinese olive tree, Chinese white olive, *Chinesische Weisse Olive* (German), *Huang lang guo* (Chinese), *Kanari* (Malay), *Kanariuddo* (Japanese), *Kanarium belyi* (Russian), *Kanariumu* (Japanese), *Kanaryuumu* (Japanese), *Kan lan* (Chinese), *Kanran* (Japanese), *Olivier chinois* (French), *Olivier de Chine* (French), *Pisa* (Spanish), *Shan lan* (Chinese), and *Trám trắng* (Vietnamese).

*Album* means 'white'.

The trees are cultivated in southern China and south-eastern Asia particularly for their olive-like fruit (*Olea europaea*). In China especially the fruit are often preserved in honey and have featured in Chinese cooking since at least the T'ang dynasty (618-906). They are also valued there as a breath freshener.

The fruit are prepared and served like olives (*Olea europaea*).

Medicinally, the tree has provided local remedies for treating lung disorders, stomach upsets, alcoholism, sore throats and skin problems. The fruit have long been recommended for stimulating appetite.