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TAL 797 – Seminar

Data: 03/11/2021

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The oil palm, botanically known as *Elaeis guineensis* is a valuable economic crop in the tropics^[1]. Just like moringa, the oil palm is a multipurpose plant. All part of the oil palm is very useful and of economic value. An estimation of about 34% is accounted for the palm oil among the vegetables, and 63% of the global export of vegetable oil globally^[2]. From the palm fruit, which is the main product of the palm tree, three main products are obtained when processed. These include palm oil, palm kernel oil, and palm kernel cake. Palm oil can be used for a variety of purposes. At the household level, palm oil is used for cooking; industrial level, the oil has been applied in the formulation of soap, glycerine, margarine, lubricants, and metal plating making. The kernel cake has been applicable in animal feed production and campus manure as a substrate for much room production. The midribs and rachis are appropriate in making local roofing material^[2-4]. The economic development of the oil palm has been attracted the devotion of various organizations in Nigeria since the colonial era^[1]. Oil palm was once very dynamic to Nigeria's export trade as the country is a leading producer of oil palm in the world. Unfortunately, since

1965 a noticeable decline in oil palm production has been reported^{[1].} According to FAO, Malaysia and Indonesia became the leading countries producing palm oil surpassing Africa in 1966. The price of crude oil had an undesirable effect on palm oil productivity in Nigeria between 1971 and 2010^[5]. In an overview, the plant design and processing steps up to the point of oil storage conditions practiced in Nigeria have been documented^[6]. The presentation will focus on the processing of palm oil in Nigeria, the quality attribute of palm oil produced and sold in Nigerian markets, uses of palm oil, and the importance of palm oil to human health.

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