



FRUIT VARIETIES OF THE WORLD



FRUIT VARIETIES

Why We Are Unique?

- ❑ We supply only quality fruit variety plants.
- ❑ You name the fruit plant, we have it !
- ❑ If by any chance you are not satisfied with our fruit plants , you can return it with full refund !
- ❑ We supply rare plants to Bangalore regions only. If in all possibility we do not have the plants we will procure it from another nursery that we are tied up with.



ABIU

- Scientific name- *Pouteria caimito*
- Origin- South America
- Growth zone- 10-11
- Health benefits-improves vision
- Taste- creamy sweet
- Fruiting period- 3 times a year

"A ripe Abiu has a very unique taste.

The creamy white flesh is extremely delicate, lightly sweet, with a strong hint of caramel and vanilla.

Some people describe the flavour as similar to a crème caramel flan."



Abiu round giant

- Scientific name- Pouteria caimito
- Origin-South America
- Grow zone- 10-11
- Health benefits- prevent several eye disorders
- Taste- creamy sweet
- Fruiting period- 3 times a year
- *“A ripe **Abiu** has a very unique **taste**. The creamy white flesh is extremely delicate, lightly sweet, with a strong hint of caramel and vanilla. Some people describe the flavour as similar to a crème caramel flan.”*



Acai Berry

- Scientific name-Euterpe oleracea
- Origin- Central and South America
- Grow zone- 10-11
- Health benefits- low in sugar, May Improve Cholesterol Levels
- Taste-similar to blackberry with unsweetened chocolate
- Fruiting period- during fall
- *“The **acai berry** looks like a grape and has a delicious tropical, **naturally sweet** taste. It's a versatile flavour, a perfect complement to many different ingredients.”*



Achachairu

- Scientific name-Garcinia humilis
- Origin-Bolivia
- Grow zone- 10-11
- Health benefits-Lower Risk of Heart Disease Heart Attack and Stroke Cold or Flu
- Taste-bitter and sweet
- Fruiting period-December to mid-March
- *"The achachairú is an egg-shaped fruit with a thick, orange rind. The flavour is sweet and moderately tart, with notes of mango, purple mangosteen, berries, and a dash of pepper."*



Achachairu Gaint

- Scientific name-Garcinia humilis
- Origin- Bolivia
- Grow zone-10-11
- Health benefits- Lower Risk of Heart Disease Heart Attack and Stroke Cold or Flu
- Taste-bitter and sweet
- Fruiting period-December to mid-March
- *"It is one of the most cherished fruits in its native Bolivia, where there is even an annual achachairú festival in the town of Porongo."*



Akee

- Scientific name-Blighia sapida
- Origin-Africa
- Grow zone- 10
- Health benefits-treatment of yellow fever, epilepsy and oedema.
- Taste-nut-like flavour
- Fruiting period-throughout the year
- *"The raw yellow flesh of an ackee fruit has a very mild, savoury flavour that is similar to cream cheese with a slightly nutty, bitter undertone. Others compare it to garbanzo beans, avocado, or almonds. The texture is firm like a jackfruit and juicy with a buttery mouthfeel."*



Akebia (chocolate vine)

- Scientific name-Akebia quinata
- Origin- Japan, China and Korea
- Grow zone- 4-8
- Health benefits- Beneficial for amenorrhea, problems related to the breast, diabetes, dropsy, cold
- Taste- sweet
- Fruiting period- September to October
- *"It is called the chocolate vine because of its springtime vanilla-scented flowers. This edible curiosity is cultivated for food in Japan. It is hard to believe that this large fat fruit is produced from such small purple flowers."*



Almirajo

- Scientific name- *Patinoa almirajo*
- Origin-Southern Mexico
- Grow zone- 10
- Health benefits- supports the daily functioning of vital organs such as the kidneys, heart, and lungs
- Taste- mild sweet fruity flavor
- Fruiting period-rainy season
- *“Almirajo emits a honeyed, bitter-sweet fragrance when cut open and bears a mild, sweet, and fruity flavour.”*



Almond

- **Scientific name-** Prunus dulcis
- **Origin-** Western and Central Asia
- **Grow zone-** 7-9
- **Health benefits-** Massive Amount of Nutrients, Loaded With Antioxidants
- **Taste-** sweet, bitter
- **Fruiting period-** late February and early March
- *“Compared to all other nuts, almonds are the most packed with nutrients and beneficial components, You can either eat soaked almonds or crush it and add to your morning salad or garnish your dishes, it is beneficial in any way you use it.”*



Alupag

- Scientific name- *Dimocarpus Didyma*
- Origin- Southeast Asia
- Grow zone- 9
- Health benefits- increase energy and boost the immune system, decreasing fatigue.
- Taste- Flesh is very tasty
- Fruiting period- 8-9 years after planting
- *"The rare Alupag bears longan like fruits with noticeable warts on the skin. Flesh is very tasty, like the longan, with a fairly large seed."*



Annamese burada

Scientific name-*Parinari anamensis*

Origin-southern Vietnam

Grow zone- 9-10

Taste-sweet sour

Fruiting period- may-june



Amate (Ambazham Sweet)

- Scientific name-Spondias cytherea
- Origin- India
- Grow zone- 3-5
- Health benefits-Cures Digestive Issues, Improves Eyesight
- Taste-pineapple-like fragrance and flavour.
- Fruiting period- February –July
- *"As they ripen, the skin and flesh turn golden-yellow. While the fruit is still firm, the flesh is crisp, juicy and sub acid, and has a somewhat pineapple-like fragrance and flavour."*



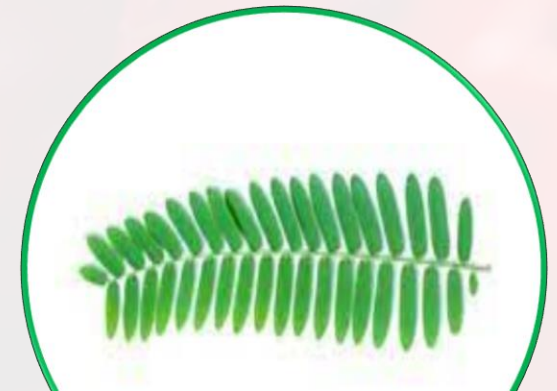
Amate sweet seedless

- Scientific name- *Spondias cytherea*
- Origin-India
- Grow zone-3-5
- Health benefits-Cures Digestive Issues, Improves Eyesight
- Taste-pineapple-like fragrance and flavour.
- Fruiting period-February –July
- *"As they ripen, the skin and flesh turn golden-yellow. While the fruit is still firm, the flesh is crisp, juicy and sub acid, and has a somewhat pineapple-like fragrance and flavour."*



Amla G 150 Giant

- **Scientific name**-Phyllanthus emblica
- **Origin**- Nepal, India
- **Grow zone**- 10-12
- **Health benefits**-reduce the risk of chronic health conditions like heart disease, diabetes, and cancer.
- **Taste**-sour, bitter and astringent
- **Fruiting period**-march- April
- The fruit is nearly spherical, light greenish-yellow, quite smooth and hard on appearance, with six vertical stripes or furrows. The taste is sour, bitter and astringent, and it is quite fibrous.



Amla HG

- **Scientific name**-Phyllanthus emblica
- **Origin**- Nepal, India
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- **Taste**-sour, bitter and astringent
- **Fruiting period**-march- April
- The fruit is nearly spherical, light greenish-yellow, quite smooth and hard on appearance, with six vertical stripes or furrows. The taste is sour, bitter and astringent, and it is quite fibrous.



Amla regular

- **Scientific name**-Phyllanthus emblica
- **Origin**- Nepal, India
- **Grow zone**- 10-12
- **Health benefits**-reduce the risk of chronic health conditions like heart disease, diabetes, and cancer.
- **Taste**-sour, bitter and astringent
- **Fruiting period**-march- April
- The fruit is nearly spherical, light greenish-yellow, quite smooth and hard on appearance, with six vertical stripes or furrows. The taste is sour, bitter and astringent, and it is quite fibrous.



Ankolium

- Scientific name-Alangium salvifolium
- Origin-India
- Grow zone- 9- 10
- Health benefits- antidiabetic, antiulcer, analgesic
- Taste-sweet
- Fruiting period- summer
- *"It is a well-known traditionally used medicinal plant in India and it is also one of the most versatile medicinal plant having a wide spectrum of biological activities."*



Apricot tropical (female)

- Scientific name- *Dovyalis hebecarpa*
- Origin-Africa
- Grow zone- 7-9
- Health benefits-High in potassium, Very hydrating.
- Taste- tangy sweet
- Fruiting period- spring
- *“Apricots are self-fruitful, meaning their blossoms have both male and female parts so you can plant a tree by itself and still get apricots. You can increase the yield of young trees by using cotton buds or a soft artist's brush to transfer pollen from blossom to blossom.”*



Apricot tropical (male)

- Scientific name- *Dovyalis hebecarpa*
- Origin-Africa
- Grow zone- 7-9
- Health benefits-High in potassium, Very hydrating.
- Taste- tangy sweet
- Fruiting period- spring
- *“Apricots are self-fruitful, meaning their blossoms have both male and female parts so you can plant a tree by itself and still get apricots. You can increase the yield of young trees by using cotton buds or a soft artist's brush to transfer pollen from blossom to blossom.”*



Apple (ooty)

- Scientific name-Malus domestica
- Origin-India(ooty)
- Grow zone- 3-8
- Health benefits- Nutritious,Good for Weight Loss, Can Help Fight Asthma
- Taste-sweet
- Fruiting period- September – October
- *“The reason apples generally taste sweet to us is tied to signals we get from our tongue. Taste buds, located on the tongue, detect the elements of taste perception which also include sour and umami, meaning savoury.”*



Apple (shimla)

- Scientific name-Malus domestica
- Origin-India(shimla)
- Grow zone- 3-8
- Health benefits- Nutritious,Good for Weight Loss, Can Help Fight Asthma
- Taste-sweet
- Fruiting period- September – October
- *“Shimla apples are commonly grown apples in India. They are one of the healthiest fruit. They are good source of vitamin c, dietary fiber, flavonoids and antioxidants. Store them in a cool dry place away from direct sunlight.”*



Apple hot climate(HRMN 99)

- Scientific name-Malus domestica
- Origin-India(Paniala)
- Grow zone- 3-8
- Health benefits- Nutritious, Good for Weight Loss, Can Help Fight Asthma
- Taste-sweet
- Fruiting period- September – October
- *“Shri Hariman Sharma a renowned progressive farmer of HRMN-99 Variety Apple from Paniala village of Bilaspur district has developed an apple variety that can be grown in plain, tropical and subtropical areas.”*



Apple (kashmiri)

- Scientific name-Malus domestica
- Origin-India(kashmir)
- Grow zone- 3-8
- Health benefits- Nutritious, Good for Weight Loss, Can Help Fight Asthma
- Taste-sweet
- Fruiting period- September – October
- *"Kashmir Apples are blush red and smooth skinned apples which are superior in terms of quality and taste. The crispy, sweet and juicy texture is a treat to the tongue."*



Apple red plum

- Scientific name-Malus domestica
- Origin-India(shimla)
- Grow zone- 3-8
- Health benefits- Nutritious,Good for Weight Loss, Can Help Fight Asthma
- Taste-sweet
- Fruiting period- September – October
- *“The reason apples generally taste sweet to us is tied to signals we get from our tongue. Taste buds, located on the tongue, detect the elements of taste perception which also include sour and umami, meaning savoury.”*



Flower image unavailable



Apple seedless

- Scientific name-*Malus domestica*
- Origin- New Zealand
- Grow zone- 3-8
- Health benefits- Nutritious, Good for Weight Loss, Can Help Fight Asthma
- Taste-sweet
- Fruiting period- September – October
- *“Researchers in New Zealand have cloned and characterized a gene which, when disrupted, allows apples to develop without seeds. ... Thousands of apple varieties have been bred over the centuries but almost all need to be pollinated and develop seed to produce fruit.”*



Apple green

- Scientific name-*Malus domestica*
- Origin- Australia
- Grow zone- 3-8
- Health benefits- Nutritious, Good for Weight Loss, Can Help Fight Asthma
- Taste-sweet
- Fruiting period- September – October
- *“Green apple is a variety of apple that was first cultivated in Australia by Maria Ann Smith, which is why the apples of this variety are often called Granny Smith apples. It is believed to have been created as a hybrid between the French Crab apple and the Rome beauty.”*



Araza boi

- **Scientific name-** Eugenia stipitata
 - **Origin-**Amazon rainforest
 - **Growing zone-** 10 -11
 - **Health benefits-** rich in vitamin C, helping you boost your immunity and protect your body from infections
 - **Taste** -sourest fruits you'll ever find
 - **Fruiting period-** three years after planting
- "The fruit is quite small in size and has a peel that varies from green to yellow, depending on how ripe it is, while the pulp is fleshy and quite sour."*



Araza boi sweet variant

- Scientific name- *Eugenia stipitata*
- Origin-Amazon rainforest
- Growing zone- 10 -11
- Health benefits- helping you boost your immunity and protect your body from infections
- Taste –sweet
- Fruiting period- three years after planting
- *“The fruit is quite small in size and has a peel that varies from green to yellow, depending on how ripe it is, while the pulp is fleshy and sweet.”*



Argan

- Scientific name-Argania spinosa
- Origin- Algeria
- Growing zone- 10-12
- Health benefits- Protects from sun damage, Moisturizes skin
- Taste – light bitter
- Fruiting period-
- *“Argania spinosa trees are fruit bearing, and Argan Oil is made from the kernel inside of the pit of the fruit. Argan oil is known to be one of the rarest, hence most expensive oils in the world.”*



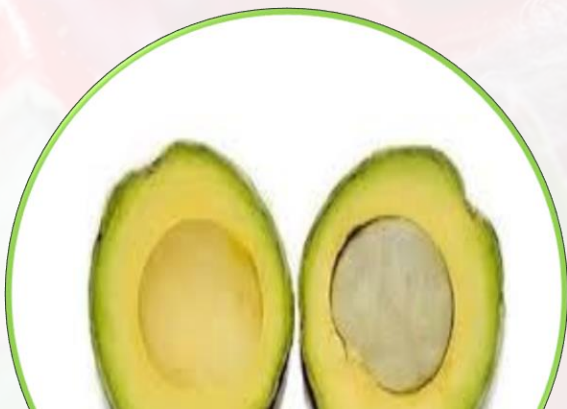
Araticum red

- Scientific name- *Annona crassiflora*
- Origin- Central brazil
- Growing zone- 10-12
- Health benefits- hepatoprotective, inflammatory, antidiabetic
- Taste – good distinct flavor
- Fruiting period- January – March
- *“When opened, the fruit has a creamy pulp and very strong odour and flavour that differs greatly from custard apple. It is considered a delicacy in the Brazilian Cerrado region, sold in street markets, consumed fresh or as a cocktail, cake.”*



Avacado booth

- Scientific name-Persea americana
 - Origin- Mexico
 - Growing zone- 8-11
 - Health benefits- Can Lower Cholesterol and Triglyceride Levels
 - Taste – sweet and nutty
 - Fruiting period- spring
- *"Although it is mild, the taste of avocado is very unique. The flavour itself is very subtle and is earthy, grassy, and nutty but fresh. Some people even describe it as buttery. But perhaps the real experience of eating an avocado is in the texture."*



Avacado 034

- Scientific name-Persea americana
- Origin- Puerto Rico
- Growing zone- 8-11
- Health benefits- Can Lower Cholesterol and Triglyceride Levels
- Taste – sweet and nutty
- Fruiting period- spring
- *"Although it is mild, the taste of avocado is very unique. The flavour itself is very subtle and is earthy, grassy, and nutty but fresh. Some people even describe it as buttery. But perhaps the real experience of eating an avocado is in the texture."*



Avacado (gem hass)

- Scientific name-Persea americana hass
- Origin- California
- Growing zone- 8-11
- Health benefits- Can Lower Cholesterol and Triglyceride Levels
- Taste – sweet and nutty
- Fruiting period- spring
- *"Although it is mild, the taste of avocado is very unique. The flavour itself is very subtle and is earthy, grassy, and nutty but fresh. Some people even describe it as buttery. But perhaps the real experience of eating an avocado is in the texture."*



Avacado(green gold)

- Scientific name-Persea americana
- Origin- Mexico
- Growing zone- 8-11
- Health benefits- Can Lower Cholesterol and Triglyceride Levels
- Taste – sweet and nutty
- Fruiting period- spring
- *"Although it is mild, the taste of avocado is very unique. The flavour itself is very subtle and is earthy, grassy, and nutty but fresh. Some people even describe it as buttery. But perhaps the real experience of eating an avocado is in the texture."*



Avacado(lamb hass)

- Scientific name-Persea americana
- Origin- California
- Growing zone- 8-11
- Health benefits- Can Lower Cholesterol and Triglyceride Levels
- Taste – sweet and nutty
- Fruiting period- spring
- *"Lamb Hass avocado is larger and rounder than most other avocado varieties. It has a very dark, almost black skin that only gets darker as it ripens. The flesh of the Lamb's Hass avocado is a pale green colour with a creamier consistency than its more common Hass relative."*



Avacado long A-34

- Scientific name-Persea americana
- Origin- Puerto Rico
- Growing zone- 8-11
- Health benefits- Can Lower Cholesterol and Triglyceride Levels
- Taste – sweet and nutty
- Fruiting period- spring
- *“Although it is mild, the taste of avocado is very unique. The flavour itself is very subtle and is earthy, grassy, and nutty but fresh. Some people even describe it as buttery. But perhaps the real experience of eating an avocado is in the texture.”*



Avacado regular large

- Scientific name-Persea americana
- Origin- Mexico
- Growing zone- 8-11
- Health benefits- Can Lower Cholesterol and Triglyceride Levels
- Taste – sweet and nutty
- Fruiting period- spring
- *“Although it is mild, the taste of avocado is very unique. The flavour itself is very subtle and is earthy, grassy, and nutty but fresh. Some people even describe it as buttery. But perhaps the real experience of eating an avocado is in the texture.”*



Avacado original small

- Scientific name-Persea americana
- Origin- Mexico
- Growing zone- 8-11
- Health benefits- Can Lower Cholesterol and Triglyceride Levels
- Taste – sweet and nutty
- Fruiting period- spring
- *"Although it is mild, the taste of avocado is very unique. The flavour itself is very subtle and is earthy, grassy, and nutty but fresh. Some people even describe it as buttery. But perhaps the real experience of eating an avocado is in the texture."*



Avacado(ovel)

- Scientific name-Persea americana
- Origin- Mexico
- Growing zone- 8-11
- Health benefits- Can Lower Cholesterol and Triglyceride Levels
- Taste – sweet and nutty
- Fruiting period- spring
- *“pear-shaped fruits that grow on tropical evergreen trees. They generally have a rough, green outer skin, buttery flesh, and large seed in the middle.”*



Avacado (pinkerton)

- Scientific name-Persea americana
- Origin- Mexico
- Growing zone- 8-11
- Health benefits- Can Lower Cholesterol and Triglyceride Levels
- Taste – sweet and nutty
- Fruiting period- spring
- *“Although it is mild, the taste of avocado is very unique. The flavour itself is very subtle and is earthy, grassy, and nutty but fresh. Some people even describe it as buttery. But perhaps the real experience of eating an avocado is in the texture.”*



Avacado (red)

- Scientific name-Persea americana
- Origin- Mexico
- Growing zone- 8-11
- Health benefits- Can Lower Cholesterol and Triglyceride Levels
- Taste – sweet and nutty
- Fruiting period- spring
- *“Although it is mild, the taste of avocodo is very unique. The flavour itself is very subtle and is earthy, grassy, and nutty but fresh. Some people even describe it as buttery. But perhaps the real experience of eating an avocodo is in the texture.”*



Avacado (round)

- Scientific name-Persea americana
- Origin- Mexico
- Growing zone- 8-11
- Health benefits- Can Lower Cholesterol and Triglyceride Levels
- Taste – sweet and nutty
- Fruiting period- spring
- *“Although it is mild, the taste of avocado is very unique. The flavour itself is very subtle and is earthy, grassy, and nutty but fresh. Some people even describe it as buttery. But perhaps the real experience of eating an avocado is in the texture.”*



Avacado (royal)

- Scientific name-Persea americana
- Origin- Mexico
- Growing zone- 8-11
- Health benefits- Can Lower Cholesterol and Triglyceride Levels
- Taste – sweet and nutty
- Fruiting period- spring
- *“Although it is mild, the taste of avocado is very unique. The flavour itself is very subtle and is earthy, grassy, and nutty but fresh. Some people even describe it as buttery. But perhaps the real experience of eating an avocado is in the texture.”*



Avacado (russsel)

- Scientific name-Persea americana
- Origin- Mexico
- Growing zone- 8-11
- Health benefits- Can Lower Cholesterol and Triglyceride Levels
- Taste – sweet and nutty
- Fruiting period- spring
- *"When ripe, Long Neck avocados have a smooth, semi-buttery consistency with a savoury, salty-sweet flavour."*



Avacado seedless

- Scientific name-Persea americana
- Origin- spain
- Growing zone- 8-11
- Health benefits- Can Lower Cholesterol and Triglyceride Levels
- Taste – sweet and nutty
- Fruiting period- spring
- *"The seedless avocados are the result of an unpollinated avocado blossom that develops without a seed. The fruit is grown in Spain and available only during December, when they are usually sent to food markets in Paris."*



Avacado seedless

- Scientific name-*Persea americana*
- Origin- India
- Growing zone- 8-11
- Health benefits- Can Lower Cholesterol and Triglyceride Levels
- Taste – sweet and nutty
- Fruiting period- spring
- “Developed at Horticultural Research Station, Thadiyankudisai of TNAU, Tamilnadu. The fruits are medium sized and round..”



Avocado tropical TK1

- Scientific name-Persea americana
 - Origin- Mexico
 - Growing zone- 8-11
 - Health benefits- Can Lower Cholesterol and Triglyceride Levels
 - Taste – sweet and nutty
 - Fruiting period- spring
- *“Although it is mild, the taste of avocado is very unique. The flavour itself is very subtle and is earthy, grassy, and nutty but fresh. Some people even describe it as buttery. But perhaps the real experience of eating an avocado is in the texture.”*



Avacado hass

- Scientific name-Persea americana
- Origin- southern california
- Growing zone- 8-11
- Health benefits- Can Lower Cholesterol and Triglyceride Levels
- Taste – sweet and nutty
- Fruiting period- spring
- *"Hass avocado is perhaps one of the most famous avocado types and considered by many to be the best. The flavour is quite intense and the flesh is very creamy, perfect for guacamole."*



Bael North indian

- Scientific name-Aegle marmelos
- Origin-India
- Growing zone- 10
- Health benefits- Good for digestion, Act as a blood purifier.
- Taste –mix of sweet papaya and sour lime
- Fruiting period-march-June
- *“Within the hard shell of the Bael fruit are many seeds growing in small cavities surrounded by a fibrous flesh and a fruity and aromatic, juicy pulp. Bael fruit tastes similar to Passion fruit. When sliced and dried, the fruit resembles bicycle wheels.”*



Bael south indian

- Scientific name-Aegle marmelos
- Origin-India
- Growing zone- 10
- Health benefits- Good for digestion, Act as a blood purifier.
- Taste –mix of sweet papaya and sour lime
- Fruiting period-march-June
- *“Within the hard shell of the Bael fruit are many seeds growing in small cavities surrounded by a fibrous flesh and a fruity and aromatic, juicy pulp. Bael fruit tastes similar to Passion fruit. When sliced and dried, the fruit resembles bicycle wheels.”*



Balloon berry

- Scientific name-*Rubus illecebrosus*
- Origin- japan
- Growing zone- 5-8
- Health benefits- Low in Calories But High in Nutrients, King of Antioxidant Foods.
- Taste – sweet & sour
- Fruiting period- October-February
- *“Balloon berry fruits are edible and eaten. But sweetness from sugars is dominated by high acidity and these fruits therefore the taste sour.”*



Banana black

- Scientific name-Musa acuminata
- Origin- musa
- Growing zone- 10-11
- Health benefits- antioxidant, antidiabetic, immunomodulatory.
- Taste – like vanilla ice cream
- Fruiting period- June – September
- “Thai banana fruit comes from Musa black banana plants. These hardy banana trees grow to about 20 feet (6 m.) in height. The plant starts out green but after a few months, the trunk and petioles turn a dark brown to black in color.”



Banana red

- Scientific name-Musa acuminata
- Origin- south asia
- Growing zone- 10-11
- Health benefits- antioxidant, antidiabetic, immunomodulatory.
- Taste – like vanilla ice cream
- Fruiting period- June – September
- “ Red bananas are a subgroup of bananas from Southeast Asia with red skin. They're soft and have a sweet flavor when ripe. Some people say they taste like a regular banana — but with a hint of raspberry sweetness.”



Banana Dwarf

- Scientific name-*Musa acuminata*
- Origin- canary islands
- Growing zone- 10-11
- Health benefits- antioxidant, antidiabetic, immunomodulatory.
- Taste – like vanilla ice cream
- Fruiting period- June – September
- “ It's often called the ice cream banana because they taste like ice cream. It's reputed to be a vanilla custard type of flavour, and definitely worth eating!”



Banana Variegated

- Scientific name-Musa laterita
- Origin- Hawaii
- Growing zone- 7-8
- Health benefits- antioxidant, antidiabetic, immunomodulatory
- Taste –crisp taste of the Apple Banana
- Fruiting period- June – September
- “Variegated banana plants have unique, variegated striping over the leaves and fruits which is the result of a genetic mutation that causes pigmentation loss.”



Baraba

- Scientific name- *Garcinia intermedia*
- Origin- Central America
- Growing zone- 10-11
- Health benefits- antidiabetic, antioxidant, nerve growth factor, cytotoxicity
- Taste – sweet and sour
- Fruiting period- 2 years after planting
- *“The fruits are smooth spheres about an inch in diameter with a thin yellow, orange or red rind around a white pulp. They are edible and have an appealing sweet and sour taste.”*



Barbados cherry

- Scientific name- *Malpighia emarginata*
- Origin- West Indies and southern Texas
- Growing zone- 9-11
- Health benefits- prevent free radical damage and certain illnesses
- Taste – taste of apple with bit of sour
- Fruiting period- may
- *“The fruits are bright red or deep crimson in colour. They are juicy and have a delicate apple-like flavour with a slight tartness. Overall, Barbados cherry trees are bushy, large, and have spreading branches sprouting from a short trunk.”*



Bacupari large

- Scientific name-Garcinia brasiliensis
- Origin- amazon, brazil
- Growing zone- 10
- Health benefits- Antioxidant activity, future food industry trends
- Taste -very similar to mangosteen flavour
- Fruiting period- January-February
- *"The flesh has a bittersweet excellent and very similar to mangosteen flavour, for best flavour is preferable to wait for a fully mature when the shell is reddish."*



Bacupari regular

- Scientific name-Garcinia brasiliensis
- Origin- amazon, brazil
- Growing zone- 10
- Health benefits- Antioxidant activity, future food industry trends
- Taste -very similar to mangosteen flavour
- Fruiting period- January-February
- *"The flesh has a bittersweet excellent and very similar to mangosteen flavour, for best flavour is preferable to wait for a fully mature when the shell is reddish."*



Beauty Berry

- Scientific name-*Callicarpa macrophylla*
- Origin- Asia
- Growing zone- 8-11
- Health benefits- treatment of various disorders like tumour, polydipsia, diarrhoea, dysentery.
- Taste – slightly acrid and flat
- Fruiting period-winter
- *“Callicarpa macrophylla ,slightly acrid and flat, with clinical actions that eliminate stasis to activate blood circulation and stop bleeding, and it also has detumescence and analgesic actions.”*



Ber apple green

- **Scientific name-** Ziziphus mauritian
- **Origin-** Thailand
- **Growing zone-** 8-10
- **Health benefits-** anti-cancer properties, Keeps teeth, bones and muscle healthy
- **Taste –** sweet
- **Fruiting period-** 6-8 months of plantation
- “Apple Ber is a Thailand variety fruit and it is also known as the Indian jujube or Chinese date. The taste of this Apple Ber is Sweet, Crispy & Juicy. The weight of each fruit is around 150-200 gm. It appears to be like green Apple.”



Ber apple red

- **Scientific name-** Ziziphus mauritian
- **Origin-** china
- **Growing zone-** 8-10
- **Health benefits-** anti-cancer properties, Keeps teeth, bones and muscle healthy
- **Taste –** sweet
- **Fruiting period-** 6-8 months of plantation
- “Apple Ber is a Thailand variety fruit and it is also known as the Indian jujube or Chinese date. The taste of this Apple Ber is Sweet, Crispy & Juicy. The weight of each fruit is around 150-200 gm. It appears to be like green Apple.”



Bell apple

- Scientific name-Syzygium aqueum
- Origin- Malesia, New Guinea
- Growing zone- 10
- Health benefits -Clears Suntans and Dark Spots, useful skin-whitening agent
- Taste- sweet
- Fruiting period- 2-3 years after planting
- *"No matter the ripeness, the glossy skin is very thin and prone to bruising if handled roughly. The fragrant flesh is white or pink, and extremely juicy, somewhat like watermelon or an Asian pear. The flavour is on the sweet side, with notes of rose, though very mild."*



Bignay

- Scientific name-Antidesma bunius
- Origin- Southeast Asia and northern Australia
- Growing zone- 10
- Health benefits- good remedy for snakebite, coughs, flatulence
- Taste –similar to cranberry
- Fruiting period- july-august
- *"This tree is cultivated across its native range and the fruits are most often used for making wine and tea and is also used to make jams and jellies. It is often grown as a backyard fruit tree in Java."*



Bilimbi golden

- Scientific name-Averrhoa bilimbi
- Origin- Malaysia and Indonesia
- Growing zone- 9
- Health benefits- Regulates Blood Sugar Levels, Helps Manage Hypertension, Cures Cough And Cold.
- Taste – sour
- Fruiting period- dry season

"Bilimbi fruit are extremely sour, yellow-green fruit with a thin, soft skin and crunchy, juicy flesh. The oblong-shaped fruit have five discernible ribs."



Bilimbi green

- Scientific name-Averrhoa bilimbi
- Origin- Malaysia and Indonesia
- Growing zone- 9
- Health benefits- Regulates Blood Sugar Levels, Helps Manage Hypertension, Cures Cough And Cold.
- Taste – sour

- Fruiting period- dry season

"Bilimbi fruit are extremely sour, yellow-green fruit with a thin, soft skin and crunchy, juicy flesh. The oblong-shaped fruit have five discernible ribs."



black sapote

- Scientific name-Diospyros nigra
- Origin- Mexico, America
- Growing zone- 10-12
- Health benefits- Immune Booster, Helps in Digestion, Improves Vision
- Taste of the fruit- chocolate flavor
- Fruiting period- spring

" A black sapote has a very mild, slightly sweet flavour with a nutty, pumpkin-like undertone. Its texture is smooth and a lot like pudding. Unlike many other soft fruits that have a grainy or pulpy consistency, this fruit offers a texture that is homogeneous and similar to custard."



blackberry jam fruit

- Scientific name-Rosenbergiodendron formosum
- Origin-Central and South America
- Growing zone- 10-11
- Health benefits-May boost brain health, May boost brain health
- Taste of the fruit- sweet

- Fruiting period- winter

"Olive-shaped yellow fruits are woody shelled, They can be easily crushed between teeth. The fruit contains two cells with small flat seeds surrounded by sweet black soft pulp tasting like "blackberry jam", beloved of children and adults."



Blackcurrent

- Scientific name- Ribes nigrum
- Origin- Europe
- Growing zone- 3-7
- Health benefits- antioxidants and anthocyanins
- Taste of the fruit- sweet

- Fruiting period- winter

"Olive-shaped yellow fruits are woody shelled, They can be easily crushed between teeth. The fruit contains two cells with small flat seeds surrounded by sweet black soft pulp tasting like "blackberry jam", beloved of children and adults."



Blue berry

- Scientific name-Cyanococcus
- Origin- North America
- Growing zone- 3-7
- Health benefits- Protect Cholesterol in Your Blood From Becoming Damaged.
- Taste – sweet
- Fruiting period- September to October
- *“Blueberries have a slightly sweet taste with a bit of acid. Mouthfeel is juicy and there is a pleasant squirt of juice as you bite down on a single fresh ripe blueberry. The exact taste is between a green and red grape, but sweeter.”*



Borojo

- Scientific name-*Alibertia patinoi*
- Origin- Colombia
- Growing zone- 10
- Health benefits- used to treat sexual impotence, bronchial affections, Hypertension, cancer
- Taste – sweet and sour
- Fruiting period- October-November
- *"In traditional medicines of Colombia, Borojo is used medicinally to boost the immune system, curb hunger, and provide a natural energy source."*



Boysen berry

- Scientific name- *Rubus ursinus* × *Rubus idaeus*
- Origin- California
- Growing zone- 5-9
- Health benefits- good amount of dietary fiber, vitamin K
- Taste – sweet
- Fruiting period- February to June
- “A large reddish black fruit with a raspberry flavor also : the trailing hybrid bramble yielding this fruit and developed by crossing several blackberries and raspberries.”



Bread fruit

- Scientific name-Artocarpus altilis
- Origin- New Guinea, Indonesia
- Growing zone- 10
- Health benefits- good sources of carbohydrates, protein, dietary fibre
- Taste –similar to freshly baked bread
- Fruiting period- 3-6 years after planting
- *'Before being eaten, the fruit are roasted, baked, fried or boiled. When cooked, the taste of moderately ripe breadfruit is described as potato-like, or similar to freshly baked bread.'*



Buddha's hand

- Scientific name-Citrus medica var. sarcodactylis
 - Origin- India
 - Growing zone- 10-11
 - Health benefits- used to treat menstrual cramps, mood swings and bleeding
 - Taste -bit lemony
 - Fruiting period- November - January
- "Buddha's Hand smells sweet, a bit lemony and similar to lavender. It has no juice, seeds or pulp. The oily pith, unlike in other fruits where it can be bitter, is sweet."*



Burmese plum

- Scientific name-*Bouea macrophylla*
- Origin- North Sumatra, West Java and malayasia
- Growing zone- 11
- Health benefits- support for weight loss, brain function, vision, lung function
- Taste – similar to alphonso mango
- Fruiting period- dry season
- *“The skin may be removed, but it is acceptable, and easier, to eat the fruit with the skin. It is difficult to separate the seed from the flesh, and for this reason the fruit are seldom cut.”*



Burmese grape yellow

- Scientific name- *Baccaurea ramiflora*
 - Origin- Asia
 - Growing zone- 5-8
 - Health benefits- good source of nutrients, vitamins and minerals
 - Taste -sweet and sour
 - Fruiting period- rainy season
- "Fruits have a delightful sweet and sour taste with the texture of Lychee, however more fibrous. Fruits can be eaten fresh, stewed or made into wine."*



Burmese grape orange

- Scientific name- *Baccaurea ramiflora*
- Origin- Asia
- Growing zone- 5-8
- Health benefits- good source of nutrients, vitamins and minerals
- Taste -sweet and sour

- Fruiting period- rainy season

"Fruits have a delightful sweet and sour taste with the texture of Lychee, however more fibrous. Fruits can be eaten fresh, stewed or made into wine."



calabash

- Scientific name - Lagenaria siceraria
- Origin- America, west indies
- Growing zone- 8
- Health benefits-Great for Constipation, May Help Fighting Cancer, Great for Diet and Weight Loss
- Taste - slight sour and bitter

- Fruiting period- summer & monsoon

"The flesh of a calabash fruit can be toxic and we don't recommend eating the raw flesh or small white seeds. Those that have tried eating the raw pulp in small amounts have found that a calabash has a slightly sour and bitter flavour with very little taste."



sweet calabash

- Scientific name-*Passiflora maliformis*
- Origin-Cuba, Puerto Rico, the Dominican Republic, Jamaica
- Growing zone- 10
- Health benefits- contains antioxidant that helps protect the body from damage caused by free radicals

- Taste -super sweet

- Fruiting period- 7-6 months after planting

"The fruit is a pepo, a type of berry, round to oval, either yellow or dark purple at maturity, with a soft to firm, juicy interior filled with numerous seeds."



Cambuca

- Scientific name-Plinia edulis
- Origin- brazil
- Growing zone- 10
- Health benefits- NA
- Taste – sweet & sour
- Fruiting period- winter
- *“The fruit's coloration is yellowy-green, size is 6 cm in diameter and taste is sweet-sour. Cambuca fruit taste resemble light combination of mango and papaya.”*



Cambuca big

- Scientific name-Plinia edulis
- Origin- brazil
- Growing zone- 10
- Health benefits- NA
- Taste – sweet & sour
- Fruiting period- winter
- *“The fruit's coloration is yellowy-green, size is 6 cm in diameter and taste is sweet-sour. Cambuca fruit taste resemble light combination of mango and papaya.”*



Camu-camu

- Scientific name-Myrciaria dubia
- Origin- amazon
- Growing zone- 11
- Health benefits- loaded with vitamin C along with many other potent compounds like flavonoid antioxidants
- Taste – similar to cherry
- Fruiting period- rainy season
- *Thanks to the high level of acidity, Camu Camu has a sour/tart flavour. This gives the fruit a flavour like an acidic cherry or even a citrus fruit.*



Caqui

- Scientific name-*Manilkara kauki*
- Origin- China, Japan
- Growing zone- 9-10
- Health benefits- helps overcome constipation while preventing the occurrence of bowel cancer.
- Taste – like sapota
- Fruiting period- December to February
- *“Other names: Cauqui, sawo chak, wongi. The fruits taste like sapota but these are less sweet. The pulp of kauki is also more firm than that of sapota fruits.”*



Carambola (star fruit)

- Scientific name- *Averrhoa carambola*
- Origin- Southeast Asia
- Growing zone- 10-12
- Health benefits- antioxidant and anti-inflammatory properties
- Taste – sour tart
- Fruiting period-summer
- *“The taste is difficult to match, but it has been compared to a mix of apple, pear, grape, and citrus family fruits. Unripe star fruits are firmer and sour, and taste like green apples. Ripe carambolas may also be used in cooking.”*



Carambola sweet (Star fruit)

- Scientific name- *Averrhoa carambola*
- Origin- Southeast Asia
- Growing zone- 10-12
- Health benefits- antioxidant and anti-inflammatory properties
- Taste –sweet
- Fruiting period-summer
- *"The juicy fruits are yellow inside when ripe and have a crisp texture and when cut in cross-section are star-shaped."*



Caranda

- Scientific name-Carissa carandas
- Origin- India
- Growing zone- 11
- Health benefits- benefit anaemia patients, keep the liver healthy
- Taste – sweet
- Fruiting period- April - June
- *“The pulp is very acid to fairly sweet, with a berry-like flavour, juicy, red or pink in colour and exudes droplets of latex which gives a somewhat bitter after-taste.”*



Casa Banana

- Scientific name- *Sicana odorifera*
- Origin- Middle America
- Growing zone- 8-9
- Health benefits- NA
- Taste – similar to cucumber
- Fruiting period-summer
- *“Cassabananas taste like cantaloupe with a hint of banana (which some say is how it earned its common name). Young fruit is harvested as a vegetable and tastes like a cucumber.”*



Cashew

- Scientific name- *Anacardium occidentale*
- Origin- brazil
- Growing zone- 10
- Health benefits- low in sugar and rich in fiber, heart-healthy fats, and plant protein
- Taste – similar to peanuts
- Fruiting period- February – may
- *“Cashew nuts are actually a real superfood. Thanks to the nutrients they contain, they provide your body with important vitamins, proteins, fibre and minerals and can even contribute to your well-being and good mood.”*



Cashew red

- Scientific name- *Anacardium occidentale*
- Origin- brazil
- Growing zone- 10
- Health benefits- low in sugar and rich in fiber, heart-healthy fats, and plant protein
- Taste – similar to peanuts
- Fruiting period- February – may
- *“Cashew nuts are actually a real superfood. Thanks to the nutrients they contain, they provide your body with important vitamins, proteins, fibre and minerals and can even contribute to your well-being and good mood.”*



cempedak

- Scientific name-Artocarpus integer
- Origin- Asia
- Growing zone- 10-12
- Health benefits-maintaining heart health, lowers blood pressure, decreases cholesterol
- Taste -similar to jackfruit and breadfruit

- Fruiting period- August- October

"cempedak fruit has a pungent smell that has been described as harsh and penetrating like that of durian. The taste of the fruit is similar to the related jackfruit and breadfruit with a hint of durian. The seeds are also edible."



Chammaliang

- Scientific name- *Lepisanthes fruticosa*
- Origin- Asia
- Growing zone- 4-8
- Health benefits- none
- Taste –sweet
- Fruiting period- any season

"The fruit is a sub globose to ellipsoid berry. At ripening, it is dark red to black. The flesh is sweet. The fruit can be eaten fresh, as it is sweet when ripe."

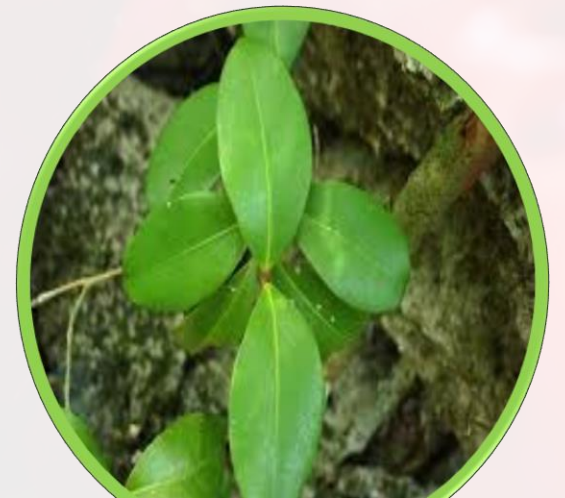


Cherry (Cedar Bay)

- Scientific name-Eugenia reinwardtiana
- Origin - Australia
- Growing zone - 10
- Health benefits- great source of antioxidants, blood purifier
- Taste - pleasantly sweet

- Fruiting period- February - march

"Its soft flesh is juicy and surrounds a cherry-like pit. Cedar cherries have a pleasantly sweet flavour, with berry and grape tasting note."



Cherry(golden)

- Scientific name- *Physalis peruviana*
 - Origin- Peru
 - Growing zone- 8
 - Health benefits-helps maintain a healthy immune system and encourages wound healing
 - Taste – sweet and tropical tart
 - Fruiting period- February – may
- *“The physalis has a unique sweet and tart tropical flavour, combining hints of cherry tomato, pineapple, fig, and strawberry. The skin is similar to a tomatoes and is perfectly edible. After biting through the firm exterior, the juicy flesh inside is soft with many small, edible seeds.”*



cherry (plum)

- Scientific name- Prunus cerasifera
- Origin- Southeast Europe and Western Asia
- Growing zone- 4-8
- Health benefits-improves metabolism and nervous system

- Taste -flavour is delightfully fresh and sweet
- Fruiting period- summer

"Its soft texture has a juicy consistency with bold and bright flavours. At first bite, the Cherry plum is sweet and spicy and then it finishes with a perfect kiss of tart to balance the sub acid sweetness"



Cherry (sweet)

- Scientific name- Prunus avium
- Origin- Europe, Anatolia
- Growing zone- 5-8
- Health benefits- contain a high level of antioxidants: anthocyanins that support antioxidant activity
- Taste – sweet & sour
- Fruiting period- summer
- *“cherries have a sweet and sour flavour while they other ones are popular for their sweetness which may range from mild to intense.”*



Cherry (savannah)

- Scientific name-Eugenia calycina
- Origin- brazil
- Growing zone- 9
- Health benefits- used both as food and also as folk medicine.
- Taste – berry like flavour
- Fruiting period- august
- *"It is edible and has a mild, sweet, berry-like flavour. It contains a single recalcitrant seed which germinates after 30-45 days of being planted. Seedling growth is rapid."*



Cherry (Spanish)

- Scientific name-Mimusops elengi
- Origin- India
- Growing zone- 10
- Health benefits- used to prepare lotion for wounds and ulcers;
- Taste – slightly sweetish
- Fruiting period- June
- *“The roots are used as diuretic, astringent, cardio tonic and stomachic. Flowers are used as an expectorant and in liver complaints and asthma. Dried powder is a brain tonic and is useful to relieve cephalagia.”*



Cherry (surinam)

- Scientific name-Eugenia uniflora
- Origin- brazil
- Growing zone- 10-12
- Health benefits- used to decrease blood pressure and prevent heartburn, bronchitis
- Taste – aromatic flavour
- Fruiting period- spring
- *“The flesh is soft, juicy, concolorous with the skin, and of aromatic sub-acid flavour. Usually there is one large round seed, but sometimes two or more hemispherical ones can be found.”*



Cherry(surinam black)

- Scientific name-Eugenia uniflora
- Origin- brazil
- Growing zone- 10-12
- Health benefits- used to decrease blood pressure and prevent heartburn, bronchitis
- Taste – aromatic flavour
- Fruiting period- spring
- *“The flesh is soft, juicy, concolorous with the skin, and of aromatic sub-acid flavour. Usually there is one large round seed, but sometimes two or more hemispherical ones can be found.”*



Cherry of the Rio Grande

- Scientific name-Eugenia involucrata
- Origin- brazil
- Growing zone- 9-11
- Health benefits- has both antioxidant and anti-inflammatory properties
- Taste –sweet
- Fruiting period- march- may
- *“The flavour of a Cherry of the Rio Grande is sweet, and can be described as a combination of cherry and plum, and some even say hints of banana.”*



Che fruit

- Scientific name- *Cudrania tricuspidata*
- Origin- china
- Growing zone- 5-9
- Health benefits- strengthen the immune system and reduce inflammation
- Taste -subtle sweet

- Fruiting period- spring

"Che fruits have a subtle, sweet taste, sometimes exhibiting flavours reminiscent of melon, mulberry, and fig. It is important to note that each fruit will significantly vary in flavour"



Chocollito

- Scientific name- *Dyospirus salicifolia*
- Origin- Mexico
- Growing zone- 7-10
- Health benefits- rich source of carotenoid, minerals, vitamin B, vitamin E
- Taste – slightly sweet
- Fruiting period- NA



chokeberry

- Scientific name-Aronia melanocarpa
 - Origin- North America
 - Growing zone- 3-8
 - Health benefits- improve heart health
 - Taste – similar to dry wine
 - Fruiting period- late summer into the fall
- *“Some people enjoy the berries fresh off the bush, while others feel that the fresh berries taste too astringent.”*



chupa-chupa

- Scientific name-Quararibea cordata
- Origin- amazon
- Growing zone- 10-12
- Health benefits- NA
- Taste – similar to sweet pumpkin
- Fruiting period-spring
- *“The fibrous yellow-orange pulp of the fruit is sweet and is eaten raw. The flavour is reminiscent of a very sweet pumpkin with overtones of mango and apricot.”*



Cacao Brazilian

- Scientific name-Theobroma cacao
- Origin- Mesoamerica
- Growing zone- 11-12
- Health benefits- Lower Blood Pressure, Reduced Diabetes Risk.
- Taste – sweet
- Fruiting period- June – August
- *“Raw cacao is full of a sweet, nutritious pulp and inch-long seeds known as cacao beans. Cacao nibs have a bitter, earthy flavour, like unsweetened dark chocolate, and a crunchy texture like a coffee bean.”*



Cacao hybrid

- Scientific name-Theobroma cacao
- Origin- Mesoamerica
- Growing zone- 11-12
- Health benefits- Lower Blood Pressure, Reduced Diabetes Risk.
- Taste – sweet
- Fruiting period- June – August
- *“Raw cacao is full of a sweet, nutritious pulp and inch-long seeds known as cacao beans. Cacao nibs have a bitter, earthy flavour, like unsweetened dark chocolate, and a crunchy texture like a coffee bean.”*



Coconilla

- Scientific name-Solanum stramonifolium
- Origin- west indies
- Growing zone- 9-11
- Health benefits- NA
- Taste – sweet & sour
- Fruiting period- October
- *“Plant is always loaded with edible, round berry-like fruits which are initially green but turn yellow and finally orange at ripening. These grow in clusters on the plants.”*



Coconut Aromatic

- Scientific name-Cocos nucifera
- Origin- Asia
- Growing zone- 10-12
- Health benefits- rich in copper and iron, which help form red blood cells, as well as selenium
- Taste – sweet
- Fruiting period- march-may
- *“Coconut water is slightly sweet with a subtle, nutty flavour. It's also fairly low in calories and carbs.”*



Coconut green dwarf

- Scientific name-Cocos nucifera
- Origin- Asia
- Growing zone- 10-12
- Health benefits- rich in copper and iron, which help form red blood cells, as well as selenium
- Taste – sweet
- Fruiting period- march-may
- *“The Coconuts produced by this Dwarf tree are round with orange skin. The trees have subtle yet sweet-tasting water and a high content of meat.”*



Coconut Malayan green dwarf

- Scientific name-Cocos nucifera
- Origin- Asia
- Growing zone- 10-12
- Health benefits- rich in copper and iron, which help form red blood cells, as well as selenium
- Taste – sweet
- Fruiting period- march-may
- *“The Coconuts produced by this Dwarf tree are round with orange skin. The trees have subtle yet sweet-tasting water and a high content of meat.”*



Coconut Kuttiyadi

- Scientific name-Cocos nucifera
- Origin- India
- Growing zone- 10-12
- Health benefits- rich in copper and iron, which help form red blood cells, as well as selenium
- Taste – sweet
- Fruiting period- march-may
- *“Coconut water is slightly sweet with a subtle, nutty flavour. It's also fairly low in calories and carbs.”*



Coconut malayan dwarf

- Scientific name-Cocos nucifera
- Origin- India
- Growing zone- 10-12
- Health benefits- rich in copper and iron, which help form red blood cells, as well as selenium
- Taste – sweet
- Fruiting period- march-may
- *“Coconut water is slightly sweet with a subtle, nutty flavour. It's also fairly low in calories and carbs. They are short and yields green shell coconut.”*



Coconut orange dwarf

- Scientific name-Cocos nucifera
- Origin- India
- Growing zone- 10-12
- Health benefits- rich in copper and iron, which help form red blood cells, as well as selenium
- Taste – sweet
- Fruiting period- march-may
- *“Coconut water is slightly sweet with a subtle, nutty flavour. It's also fairly low in calories and carbs. They are short and yields orange shell coconut.”*



Coconut tiptur

- Scientific name-Cocos nucifera
- Origin- India
- Growing zone- 10-12
- Health benefits- rich in copper and iron, which help form red blood cells, as well as selenium
- Taste – sweet
- Fruiting period- march-may
- *“Coconut water is slightly sweet with a subtle, nutty flavour. It's also fairly low in calories and carbs. These trees grows very tall”*



Coconut yellow dwarf

- Scientific name-Cocos nucifera
- Origin- India
- Growing zone- 10-12
- Health benefits- rich in copper and iron, which help form red blood cells, as well as selenium
- Taste – sweet
- Fruiting period- march-may
- *“Coconut water is slightly sweet with a subtle, nutty flavour. It's also fairly low in calories and carbs. They are short and yields yellow shell coconut.”*



Cola

- Scientific name-*Cola nitida*
- Origin- West Africa
- Growing zone- 10-11
- Health benefits- used for short-term relief of fatigue, depression, chronic fatigue syndrome
- Taste – bitter
- Fruiting period- May – July
- *“A tropical tree from West African rainforests, *Cola nitida* is best known for its caffeine-containing seeds, known as kola nuts. Raw seeds are chewed as a stimulant and have a bitter taste.”*



Cola bitter

- Scientific name-*Cola nitida*
- Origin- West Africa
- Growing zone- 10-11
- Health benefits- used for short-term relief of fatigue, depression, chronic fatigue syndrome
- Taste – bitter
- Fruiting period- May – July
- *“A tropical tree from West African rainforests, *Cola nitida* is best known for its caffeine-containing seeds, known as kola nuts. Raw seeds are chewed as a stimulant and have a bitter taste.”*



Cola Pachycarpa

- Scientific name- Cola Pachycarpa
- Origin- africa
- Growing zone- 9-10
- Health benefits- has substantial amounts of iron, zinc, and copper
- Taste –sugary taste
- Fruiting period-June and September
- *“The seed of monkey kola is not edible, but the waxy pulp is relished by people due to its sugary taste.”*



Cupuassu

- **Scientific name**-Theobroma grandiflorum
- **Origin**- brazil
- **Growing zone**- 10
- **Health benefits**-Rich in antioxidants and numerous nutrients, May keep your hair soft and healthy.
- **Taste** – chocolate, with hints of banana, melon, and pineapple
- **Fruiting period**- February – April
- *“The white pulp of the cupuassu has an odour described as a mix of chocolate and pineapple and is frequently used in desserts, juices and sweets. The juice tastes primarily like pear, banana, passion fruit, and melon.”*



Custard apple (Atemoya)

- Scientific name-*Annona atemoya*
- Origin- Venezuela
- Growing zone- 10-12
- Health benefits- High in antioxidants, May benefit eye health, May boost your mood.
- Taste – slightly sweet
- Fruiting period- July-August
- *“It is very juicy and smooth, tasting slightly sweet and a little tart, reminiscent of a piña colada. The taste also resembles vanilla from its sugar-apple parent.”*



Custard apple (Hanuman phala)

- Scientific name-*Annona cherimola*
- Origin- South America
- Growing zone- 9
- Health benefits- High in antioxidants, May benefit eye health, May boost your mood
- Taste – sweet
- Fruiting period-July-August
- *“The creamy white pulp is aromatic and has a succulent, custard-like consistency, with a sweet, tropical flavour.”*



Custard apple NMK gold

- Scientific name-*Annona reticulata*
- Origin- South America
- Growing zone- 10-11
- Health benefits- possesses several medicinal properties such as anthelmintic, analgesic, anti-inflammatory
- Taste – sweet
- Fruiting period- July-August
- *“The creamy white pulp is aromatic and has a succulent, custard-like consistency, with a sweet, tropical flavour.”*



Custard apple (Lakshmana phala)

- **Scientific name**-*Annona muricata*
- **Origin**- Central America
- **Growing zone**- 10
- **Health benefits**- medication to fight against collapses ,hypoglycaemia, inflammation and as a relief medication against spasms
- **Taste** –compared to pineapple or strawberry
- **Fruiting period**- July-August
- *“It is grown on the Annona muricata tree, and has a greenish-yellow colour, prickly skin, and creamy, white flesh. Its taste is often described as a combination of strawberry and apple, but with a little citrus mixed in.”*



Custard apple (Ram phala)

- Scientific name-*Annona reticulata*
- Origin- South America
- Growing zone- 10-11
- Health benefits- possesses several medicinal properties such as anthelmintic, analgesic, anti-inflammatory
- Taste – sweet
- Fruiting period- July-August
- *“The creamy white pulp is aromatic and has a succulent, custard-like consistency, with a sweet, tropical flavour.”*



Custard apple (Wild)

- Scientific name-*Annona reticulata*
- Origin- South America
- Growing zone- 10-11
- Health benefits- possesses several medicinal properties such as anthelmintic, analgesic, anti-inflammatory
- Taste – sweet
- Fruiting period- July-August
- *“The creamy white pulp is aromatic and has a succulent, custard-like consistency, with a sweet, tropical flavour.”*



Custard apple (arkasahan)

- Scientific name-*Annona reticulata*
- Origin- South America
- Growing zone- 10-11
- Health benefits- possesses several medicinal properties such as anthelmintic, analgesic, anti-inflammatory
- Taste – sweet
- Fruiting period- July-August
- *“The creamy white pulp is aromatic and has a succulent, custard-like consistency, with a sweet, tropical flavour.”*



Custard apple(purple)

- Scientific name-*Annona squamosa*
- Origin- Cuba, west indies
- Growing zone- 10-11
- Health benefits- High in antioxidants, May prevent high blood pressure
- Taste –sugary sweet
- Fruiting period- July-August
- *“When fully ripe, the Purple Sugar Apple gives off a sugary sweet aroma and is soft enough to be split open with just your fingers. Its flavour is akin to tropical fruits like mango and pineapple with berry-like tones and a noticeable vanilla custard finish.”*



Custard apple (Red)

- Scientific name-*Annona reticulata*
- Origin- America
- Growing zone- 9-11
- Health benefits- High in antioxidants, May prevent high blood pressure
- Taste – sweet
- Fruiting period-July-August
- They have a thick creamy custard-like pulp that is red. The fruit have a pleasant flavour and aroma, and they are best eaten out of hand or in ice cream.



Custard Apple Sprague's

- Scientific name-*Annona reticulata*
- Origin- America
- Growing zone- 9-11
- Health benefits- High in antioxidants, May prevent high blood pressure
- Taste – sweet
- Fruiting period-July-August
- *"The fruit are typically baseball to softball size, and they taste like sugary sweet custard. The pulp comes apart in segments each containing a small black seed that separates easily from the fruit."*



Cut nut

- Scientific name- *Barringtonia edulis*
- Origin- Fiji
- Growing zone- 10
- Health benefits- Beneficial for stomach-ache, coughs, influenza, sore throats, bronchitis
- Taste – sweet
- Fruiting period-September to March
- *“The edible seeds are delectable and considered one of the best nuts in the world, with a crisp, unique flavour with a hint of peanut aroma. This rare form from Vanuatu has purple fruits and reddish new leaves.”*



Date palm

- Scientific name-Phoenix dactylifera
- Origin- unknown
- Growing zone- 9-11
- Health benefits- benefit the brain physically, protects the brain from actions of reactive oxygen
- Taste – sweet
- Fruiting period- October–November
- *“The fruits are rich source of carbohydrates, vitamins, and proteins. Its fruit is sweet (Madura), astringent (Kashaya) in taste. Now-a-days its fruit is being used in the different Ayurveda formulation for the treatment of various diseases.”*



Davidson's plum

- Scientific name-Davidsonia jerseyana
- Origin- New South Wales
- Growing zone- 9-11
- Health benefits- Anti-aging, Skin-whitening,Regenerative capacity on skin cells
- Taste – rich tangy taste
- Fruiting period-April to October
- *“The deep dark purple fruits contain a soft juicy pulp with a sharp acidity. The aroma is earthy, like fresh beetroot with slight pickled notes. Taste is sour with some astringency and slight bitterness.”*



Dragon fruit (white)

- Scientific name-Selenicereus undatus
- Origin- America
- Growing zone- 12
- Health benefits- good for your immune system
- Taste – sweet
- Fruiting period- summer- autumn
- *“The fruit is sweet, tastes a bit like an earthy watermelon and has a texture that resembles kiwifruit, but it's a little crunchier. This plant produces red-skinned fruits with white flesh.”*



Dragon fruit (yellow)

- Scientific name-Selenicereus megalanthus
- Origin- South America
- Growing zone- 10-11
- Health benefits- naturally fat-free and high in fibre, naturally fat-free and high in fibre
- Taste – sweet
- Fruiting period-summer- autumn
- *“This plant may grow to a very large size. 'Australian Gold' produces the largest yellow thorn less dragon fruit in the world. The fruits produced by this variety are white fleshed and kiwi-like sweet.”*



Dragon fruit (pink)

- Scientific name-Selenicereus undatus
 - Origin- America
 - Growing zone- 12
 - Health benefits- good for your immune system
 - Taste – sweet
 - Fruiting period- summer- autumn
- *“The fruit is sweet, tastes a bit like an earthy watermelon and has a texture that resembles kiwifruit, but it's a little crunchier. This plant produces red-skinned fruits with white flesh.”*



Dragon (Sanignacio)

- Scientific name-Selenicereus megalanthus
- Origin- South America
- Growing zone- 10-11
- Health benefits- naturally fat-free and high in fibre,
naturally fat-free and high in fibre
- Taste – sweet
- Fruiting period-summer- autumn
- *“The fruit has pink skin with dark pink fins and a deep red flesh. The flesh has a sweet berry flavour with crunchy seeds.”*



Dragon fruit (red)

- Scientific name-Selenicereus undatus
- Origin- America
- Growing zone- 12
- Health benefits- good for your immune system
- Taste – sweet
- Fruiting period- summer- autumn
- *“The fruit is sweet, tastes a bit like an earthy watermelon and has a texture that resembles kiwifruit, but it's a little crunchier. This plant produces red-skinned fruits with red flesh.”*



Durian 101

- Scientific name-Durio zibethinus
- Origin- Borneo and Sumatra.
- Growing zone- 10
- Health benefits- Reduces cancer risk, Prevents heart disease
- Taste –sweet
- Fruiting period- June
- *"Durian fruit is either oblong or round, with outer spiky skin being green to brown coloured. The flesh, which is the edible part, is sweet in taste, and is either yellow, white, golden yellow or red in colour."*



Durian kop kecil

- Scientific name-Durio zibethinus
- Origin- Borneo and Sumatra.
- Growing zone- 10
- Health benefits- Reduces cancer risk, Prevents heart disease
- Taste -sweet
- Fruiting period- June
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Durian kanyao

- Scientific name-Durio zibethinus
- Origin- Borneo and Sumatra.
- Growing zone- 10
- Health benefits- Reduces cancer risk, Prevents heart disease
- Taste –sweet
- Fruiting period- June
- *"Durian fruit is either oblong or round, with outer spiky skin being green to brown coloured. The flesh, which is the edible part, is sweet in taste, and is either yellow, white, golden yellow or red in colour."*



Durian Musang King

- Scientific name-Durio zibethinus
- Origin- Malaysia
- Growing zone- 10
- Health benefits- Reduces cancer risk, Prevents heart disease
- Taste –sweet
- Fruiting period- June
- *“Durian fruit is either oblong or round, with outer spiky skin being green to brown coloured. The flesh, which is the edible part, is sweet in taste, and is either yellow, white, golden yellow or red in colour.”*



Durian (Monthong)

- Scientific name-Durio zibethinus
- Origin- Malaysia
- Growing zone- 10
- Health benefits- Reduces cancer risk, Prevents heart disease
- Taste –sweet
- Fruiting period- June
- *“Durian fruit is either oblong or round, with outer spiky skin being green to brown coloured. The flesh, which is the edible part, is sweet in taste, and is either yellow, white, golden yellow or red in colour.”*



Durian Sri Lankan variety

- Scientific name-Durio zibethinus
- Origin- southeast asia
- Growing zone- 10
- Health benefits- Reduces cancer risk, Prevents heart disease
- Taste -sweet
- Fruiting period- June
- *"Durian fruit is either oblong or round, with outer spiky skin being green to brown coloured. The flesh, which is the edible part, is sweet in taste, and is either yellow, white, golden yellow or red in colour."*



Durian Orchee

- Scientific name-Durio zibethinus
- Origin- southeast asia
- Growing zone- 10
- Health benefits- Reduces cancer risk, Prevents heart disease
- Taste –sweet
- Fruiting period- June
- *“Durian fruit is either oblong or round, with outer spiky skin being green to brown coloured. The flesh, which is the edible part, is sweet in taste, and is either yellow, white, golden yellow or red in colour.”*



Egg fruit big

- **Scientific name**-Pouteria campechiana
- **Origin**-Southern Mexico
- **Growing zone**-10
- **Health benefits**-rich in carbohydrates, vitamin A, minerals, and ant oxidative components
- **Taste**- creamy, mousse-like texture
- **Fruiting period**-September to January
- *"The flesh is somewhat pasty, although the best varieties have a*

creamy, mousse-like texture. The flavour is rich and is reminiscent of an egg custard. The fruit may contain one to six large, brown seeds. The canistel displays climacteric fruit ripening."



Egg fruit regular

- Scientific name-Pouteria campechiana
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- Taste- creamy, mousse-like texture
- Fruiting period-September to January
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Elderberry

- Scientific name-Sambucus canadensis
- Origin-North America
- Growing zone- 3-10
- Health benefits-help tame inflammation, lessen stress, and help protect your heart
- Taste- sweet
- Fruiting period- late summer
- *"American elderberry (Sambucus canadensis), also known as sweet elder or black elderberry, produces berries with a flavour slightly sweeter than those of European elder."*



Elephant apple

- Scientific name-Dillenia indica
- Origin-China and tropical Asia.
- Growing zone- 9-11
- Health benefits-Rejuvenates Ageing Skin, Boosts Vitality And Vigour.
- Taste- similar to apples
- Fruiting period-September-February.
- *“Most locals value elephant apples not for its jelly-like pulp, but rather, its crunchy outer petals. At best, the taste of the petals resembles unripe apples.”*



Engkala

- Scientific name-Litsea garciae
- Origin-Taiwan
- Growing zone- 11
- Health benefits-used to treat skin burns.
- Taste- avocado-like flavour
- Fruiting period- rainy season
- *"It is edible and has a milky, avocado-like flavour. When unripe, the skin is a pale whitish-green, and when ripe is pink to red in colour. The inner flesh is soft and white in colour, sometimes with a greenish tint."*



Fig brown turkey

- Scientific name- *Ficus carica*
- Origin-southwest Asia
- Growing zone- 8-10
- Health benefits-treat various ailments such as gastrointestinal, respiratory and cardiovascular disorders
- Taste-sweet honeyed taste
- Fruiting period- August – October
- *“Fresh figs have a sweet, honeyed taste and a soft (some might say squishy) texture. They are unique in texture, which makes fresh figs worth seeking out. Unctuous fruit studded with discernible seeds is a far cry from the dried figs most people know.”*



Fig fruit

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Fig Israel

- Scientific name-Ficus sycomorus
- Origin- Africa
- Growing zone- 10
- Health benefits-healing the lung ailments, sore throats, inflammation and also diarrhoea.
- Taste-little sweeter and very aromatic
- Fruiting period-July to December
- *"The fruits grow on clusters attached to the bark. The fruit have a very sweet aroma. It tastes different than the common fig, a little sweeter and very aromatic. The fruit of the sycamore fig is not grown commercially."*



Finger lime

- Scientific name- Citrus australasica
- Origin- Australia
- Growing zone- 10
- Health benefits- rich in folate, potassium and Vitamin E
- Taste - tart and bitter
- Fruiting period- May and June

"With a delicious aroma of fresh, zesty citrus and a hint of cooked apples, the taste of the Finger Lime is tart with some astringency and bitterness. The pulp contains juice vesicles that resemble caviar."



Fluted pumpkin

- Scientific name- *Telfairia occidentalis*
- Origin- west africa
- Growing zone- 10-12
- Health benefits- improves digestion
- Taste - earthy taste
- Fruiting period -
"They have a very deep earthy taste similar to rockets (arugula) without the peppery flavour"



gac

- **Scientific name-** Momordica cochinchinensis
- **Origin** – Asia and Australia
- **Growing zone-** 8
- **Health benefits-** powerhouse of antioxidants ,anti-cancer benefits, beneficial for eye health
- **Taste** - very mild, similar to an avocado but slightly

sweeter

- **Fruiting period-** autumn -winter

“The gac fruit tastes very mild, similar to an avocado but slightly sweeter, it also comes with a refreshing aroma that can remind you of cucumbers. It does not taste bitter or sour.”



Glue berry

- Scientific name-Cordia dichotoma
- Origin-Indomalayan realm, northern Australia
- Growing zone- 8-11
- Health benefits-to relive several diseases as anti-diabetic, immunomodulatory, hepatoprotective
- Taste- sweet
- Fruiting period- summer end
- *"The sticky white substance from the fruits can be extracted, and as used as glue. Fruits can be eaten fresh, dry, and pickled. Ripe fruits are eaten fresh while unripe fruits can be pickled."*



Garcinia assamica

- Scientific name-Garcinia assamica
- Origin- India
- Growing zone- 11
- Health benefits-possess anti-carcinogenic, anti-fibrotic, anti-inflammatory, anti-cancer, anxiolytic, antioxidant
- Taste- sour
- Fruiting period-July-November.



Flower pic not available



Garcinia atrovirdis

- Scientific name-Garcinia atrovirdis
- Origin-Malaysia
- Growing zone- 11-12
- Health benefits-used to treat ear-ache, cough, throat irritation, dandruff
- Taste- sour
- Fruiting period- June
- *"The fruits, because of their particularly sour taste due to the presence of various acids, are not consumed raw, but sliced and dried are added to various dishes to give a acidulous taste; the young leaves are consumed raw as salad or cooked."*



Garcinia cambogia

- Scientific name-Garcinia cambogia
- Origin- India
- Growing zone- 10-11
- Health benefits-used as a weight-loss supplement
- Taste- sour
- Fruiting period- June – August
- *“The sour flesh of the garcinia cambogia will pucker your lips. It's often pickled and used as a condiment. After it's sun-dried and smoked, the blackened fruit, called kodampoli, gives a tart, smoky flavour to curries.”*



Garcinia cowa

- Scientific name- *Garcinia cowa*
- Origin- India
- Growing zone- 10-11
- Health benefits-used as a weight-loss supplement, Reduces Belly Fat
- Taste- sour
- Fruiting period- July – August
- *“The fruits are edible. In spite of their being slightly sour in taste, these are fondly eaten by local people especially in Mizoram.”*



Garcinia dulcis

- Scientific name-Garcinia dulcis
- Origin- Philippines, Myanmar
- Growing zone- 11
- Health benefits-used to provide relief from scurvy, crushed bark extract to clean wounds
- Taste- sweet & sour
- Fruiting period-July -August
- *Taste sour mix sweet fruit with yellow skin bright fruit*
Mundu is in addition to the distinctive taste, it also contains fibre and high water.



Garcinia indica

- Scientific name - *Garcinia indica*
- Origin- India
- Growing zone - 11
- Health benefits- rich in nutrition, natural coolant, rich in fibre, protects from cancer
- Taste – sour taste with sweet aroma

- Fruiting period - April-May

"It has a sour taste with a faintly sweet aroma. The sun-dried version is called aamsul, kokum or kokam, and is used mainly in Maharashtrian, Konkani and Gujarati cuisine. When added to food it imparts a pink to purple colour and sweet/sour taste."



Garcinia mangostana

- **Scientific name-** Garcinia mangostana
- **Origin-** Malaysia
- **Growing zone-** 11-12
- **Health benefits-** Promote Weight Loss, May Have Anti-Inflammatory Properties, Supports Blood Sugar Control
- **Taste –** sweet

- **Fruiting period** - March to November.

“Mangosteen has been described as a delicious mix of lychee, peach, strawberry, and pineapple. The mangosteen has a hard, purple skin and very flavoursome flesh. The flesh is white, sweet and juicy. The refreshing, sweet taste is reminiscent of banana or peach.”



Garcinia pendunculata

- Scientific name- *Garcinia pendunculata*
- Origin- Meghalaya
- Growing zone- 11-12
- Health benefits- used for cooking and as an antiscorbutic, an astringent, a cardio tonic, and an emollient
- Taste- sweet & sour
- Fruiting period- September – October
- *Garcinia pedunculata* is known commonly as *Sohdanei* in Khasi, the language of the Khasi tribe of Meghalaya.



Garcinia subleptica

- Scientific name- *Garcinia subleptica*
- Origin- Asia
- Growing zone- 10-11
- Health benefits- Antioxidant, anti-inflammatory, antimicrobial, cytotoxic
- Taste- sweet & sour
- Fruiting period- June
- *"The tree is botanically known as *Garcinia subelliptica*. Its common names include Happiness Tree, Philippine Fortune Tree and Fukugi. It is related to the common edible mangosteen, which goes by the botanical name *Garcinia mangostana*."*



Garcinia xanthochymus

- Scientific name- *Garcinia xanthochymus*
- Origin- India
- Growing zone- 10-11
- Health benefits- Antioxidant, anti-inflammatory, antimicrobial, cytotoxic
- Taste- sour & aromatic
- Fruiting period- August to November.
- *The fruit is edible but is rather sour & Aromatic. A pleasant, acid taste, it is mainly used as a breakfast fruit. It can be eaten fresh, used in sherbets, jams, curries and vinegars, or as a flavouring in other foods.*



Goji berry

- Scientific name-Lycium barbarum
- Origin-China
- Growing zone- 6-9
- Health benefits- used in treatment of blurry vision, abdominal pain, infertility, dry cough
- Taste- sweet & sour
- Fruiting period-August to October
- *“Dried goji berries have a distinct flavour reminiscent of a cranberry or a sour cherry. You can cook with dried goji berries in both sweet and savoury recipes.”*



Gold fruit

- Scientific name-Diospyrus decandra
 - Origin- Asia
 - Growing zone- 10-11
 - Health benefits- to treat restlessness, insomnia
 - Taste- similar to chocolate
 - Fruiting period- November
- *"Its fruits are yellow- colored and are known as "Gold Apple" or "trái thị". They're about 3–6 cm in diameter and have a strong fragrant smell. The fruits are edible and are known to taste good if prepared correctly."*



Governor's plum

- Scientific name-*Flacourtia indica*
 - Origin- Africa
 - Growing zone- 10
 - Health benefits- used in treatment of snakebite
 - Taste- sweet
 - Fruiting period- may – august
- *A small tree that bears large edible berries of dark purple to black and is similar in texture to a European plum. They are the tropical equivalent of the damsons plum and like them, the Governor's plum also have enough pectin to make good jams and jellies.*



Grape black

- Scientific name-*Vitis vinifera*
- Origin- Asia
- Growing zone- 6-7
- Health benefits-They are rich in sugars, flavonoids, anthocyanin's and proanthocyanins, organic acids
- Taste- sweet
- Fruiting period-September- October
- *"The flesh is translucent, tender, and less crunchy than most red or green table grapes. Black grapes are juicy with a sweet, grapey musket flavour."*



Grape green

- Scientific name-Vitis vinifera
- Origin- Asia
- Growing zone- 6-7
- Health benefits-They are rich in sugars, flavonoids, anthocyanin's and proanthocyanins, organic acids
- Taste- sweet
- Fruiting period-September- October
- *"Green grapes are sweet yet bitter with a tart punch. However, depending on the type, some tend to be more sweet or sour than others."*



Green sapote

- Scientific name- *Pouteria viridis*
- Origin- Mexico
- Growing zone- 4-11
- Health benefits- boosting energy, brain health, vision and immunity
- Taste -very sweet

- Fruiting period - June-September

"The taste of the sapodilla is quite unique. It is soft and very sweet. The texture is kind of like a pear, with a small bit a grittiness to it. One way to describe it is like a pear soaked in brown sugar."



Grumichama

- Scientific name –Eugenia brasiliensis
- Origin - brazil
- Growing zone- 10-11
- Health benefits- reduces heart disease, constipation, high blood pressure
- Taste - moderately sweet

- Fruiting period- may - July

"Fruits round or slightly elongated berry, with thin purple-black skin, pulp wet, firm, whitish, moderately sweet, with an aroma similar to that of the jaboticaba."



Grumichama Red

- Scientific name –Eugenia brasiliensis

- Origin - brazil

- Growing zone- 10-11

- Health benefits- reduces heart disease, constipation,high blood pressure

- Taste - moderately sweet

- Fruiting period-may - July

"The grumichama is more cherry-like than many so-called "cherries" but handicapped by small size, apical sepals and large seeds. The red or white pulp is juicy and tastes much like a true sub acid or sweet cherry except for a touch of aromatic resin."



Grumichama yellow

- Scientific name –Eugenia brasiliensis
- Origin - brazil
- Growing zone- 10-11
- Health benefits- reduces heart disease, constipation, high blood pressure
- Taste of the fruit- moderately sweet
- Fruiting period -may – July
- *“The dark types tend to have smaller fruit than the yellow/orange ones and the flavour is different as well. The yellow form has thicker sweeter flesh and a tang missing in the darks.”*



Granadilla giant

- Scientific name – Passiflora quadrangularis
- Origin-South America
- Growing zone- 10-12
- Health benefits- These help your kidneys, nerves, muscles, and heart rhythm in big ways.
- Taste – bland taste
- Fruiting period - April to November
- *“The green unripe fruits are boiled and eaten as vegetables. The edible seeds are covered in whitish, sweet but tart, jelly-like pulp. The fruit flesh can be cut up and added to fruit salads. Flesh has bland taste and hence need added flavouring.”*



Guajilote

- Scientific name –Parmentiera aculeata
- Origin- Mexico, Belize
- Growing zone- 8-9
- Health benefits- used in treatment of diabetes
- Taste – sweet
- Fruiting period - winter and spring
- *"Its short, plump, banana-shaped fruit is edible and sweet and has a flavour similar to sugar cane."*



Guava allahabad safeda

- Scientific name –*Psidium guajava*
- Origin- India
- Growing zone- 9-10
- Health benefits- helps in boosting immunity
- Taste of the fruit-unique, sweet, and almost universally pleasant

- Fruiting period- winter-spring

“The whole fruit is edible and tastes fruity and slightly floral, like a cross between a strawberry and a pear”



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“The whole fruit is edible and tastes fruity and slightly floral, like a cross between a strawberry and a pear”



Guava Arka kiran

- Scientific name –*Psidium guajava*
- Origin- India
- Growing zone- 9-10
- Health benefits- helps in boosting immunity
- Taste of the fruit-unique, sweet, and almost universally pleasant

- Fruiting period- winter-spring

"The fruits are sweet with good vitamin C, medium soft seeds coupled with good flavour, suitable for both table purpose and for processing."



Guava (Bunch)

- Scientific name –*Psidium guajava*
- Origin- India
- Growing zone- 9-10
- Health benefits- helps in boosting immunity
- Taste of the fruit-unique, sweet, and almost universally pleasant
- Fruiting period- winter-spring
- *“The whole fruit is edible and tastes fruity and slightly floral, like a cross between a strawberry and a pear”*



Guava kilo

- Scientific name –*Psidium guajava*
- Origin- India
- Growing zone- 9-10
- Health benefits- helps in boosting immunity
- Taste of the fruit-unique, sweet, and almost universally pleasant
- Fruiting period- winter-spring
- *“Kilo White Guava is a productive tree from Asia, producing large fruit for eating fresh off the tree or canning and preserving. Fruit are creamy, mild and aromatic with a sweet juicy pulp.”*



Guava Purple forest

- Scientific name –*Psidium eugeniaefolia*
- Origin- India
- Growing zone- 9-10
- Health benefits- helps in boosting immunity
- Taste of the fruit-unique, sweet, and almost universally pleasant
- Fruiting period- winter-spring
- *“The inner pulp is a bright and translucent purple, with a slightly acidic and sweet flavour. The fleshy pulp surrounds multiple small, hard seeds. Purple guavas are typically eaten fresh.”*



Guava (sour)

- Scientific name – *Psidium friedrichsthalianum*
- Origin-Mexico, Central America
- Growing zone- 10
- Health benefits-have in vitro antioxidant activity
- Taste – sour
- Fruiting period – June-August
- *“The whole fruit is edible and tastes fruity and slightly floral, like a cross between a strawberry and a pear with a pinch of sour”*



Gauva spring

- Scientific name – *Psidium amplexicaule*
- Origin-Caribbean
- Growing zone- 10
- Health benefits-helps in boosting immunity
- Taste – sweet
- Fruiting period – spring
- *“The whole fruit is edible and tastes fruity and slightly floral, like a cross between a strawberry and a pear.”*



strawberry guava

- Scientific name - *Psidium cattleianum*
- Origin- brazil
- Growing zone- 10
- Health benefits-Boost Heart Health, Have an Anticancer Effect, Good for Your Skin
- Taste – tart

- Fruiting period - spring

"This cherry-sized fruit is a beautiful dark red when fully ripe and has a tart flavour reminiscent of plum and strawberry, with a spicy hint of cinnamon or nutmeg, similar in size."



Guava taiwan pink

- Scientific name –Psidium Guajava
- Origin- Taiwan
- Growing zone- 9-12
- Health benefits- May Help Lower Blood Sugar Level, May Boost Heart Health
- Taste – sweet
- Fruiting period – July – august
- *The fruit turns yellow when they are ripe. It has Pink flesh and tastes sweet with a pleasant tropical scent. In addition, the leaves are also edible.*



Gauva thai 5

- Scientific name –Psidium Guajava
- Origin- Taiwan
- Growing zone- 9-12
- Health benefits- May Help Lower Blood Sugar Level, May Boost Heart Health
- Taste – sweet
- Fruiting period – July – august
- *“The size of Thai Guava Fruit would be generally of a softball with apple green skin that can range from bumpy to smooth. The flesh is white with pale yellow seeds and tends to be drier than the pink type of guavas”*



Gauva thai 7

- Scientific name –Psidium Guajava
- Origin- Taiwan
- Growing zone- 9-12
- Health benefits- May Help Lower Blood Sugar Level, May Boost Heart Health
- Taste – sweet
- Fruiting period – July – august
- *“The size of Thai Guava Fruit would be generally of a softball with apple green skin that can range from bumpy to smooth. The flesh is white with pale yellow seeds and tends to be drier than the pink type of guavas”*



Gauva thai super

- Scientific name –Psidium Guajava
- Origin- Taiwan
- Growing zone- 9-12
- Health benefits- May Help Lower Blood Sugar Level, May Boost Heart Health
- Taste – sweet
- Fruiting period – July – august
- *“The size of Thai Guava Fruit would be generally of a softball with apple green skin that can range from bumpy to smooth. The flesh is white with pale yellow seeds and tends to be drier than the pink type of guavas”*



Guava VNR

- Scientific name – *Psidium Guajava*
- Origin- Taiwan
- Growing zone- 9-12
- Health benefits- May Help Lower Blood Sugar Level, May Boost Heart Health
- Taste – sweet
- Fruiting period – July – august
- *“The size of Thai Guava Fruit would be generally of a softball with apple green skin that can range from bumpy to smooth. The flesh is white with pale yellow seeds and tends to be drier than the pink type of guavas”*



Gooseberry red

- Scientific name –Ribes uva-crispa
- Origin- Europe
- Growing zone- 4-6
- Health benefits-Highly nutritious, May help control blood sugar, May protect your brain.
- Taste – sweet
- Fruiting period – July – September
- *“The flavour of gooseberries depends on how ripe they are, with green gooseberries being more sour and red/purple gooseberries being more sweet. Most describe them as similar in taste and texture to grapes, but more acidic.”*



Hipli

- Scientific name –Piper longum
 - Origin- Asia
 - Growing zone- 8-10
 - Health benefits- commonly used to treat chronic bronchitis, asthma, constipation, gonorrhoea
 - Taste – hotter taste with sweet
 - Fruiting period – monsoon
- *“While the flavour closely resembles regular black pepper it has a hotter taste with sweet and somewhat earthy, gingery undertones. The brownish-black flower spikes of the long pepper consists of numerous tiny fruits, each similar in size to a poppy seed.”*



Hosta

- Scientific name –hosta lancifolia
- Origin- china
- Growing zone- 3-8
- Health benefits- NA
- Taste – asparagus and lettuce taste
- Fruiting period – summer
- *“The whole plant is edible. The shoots taste like asparagus, while the leaves taste like lettuce, both just a tad more bitter.”*



Ice cream bean fruit

- Scientific name – *Inga edulis*
 - Origin- unknown
 - Growing zone- 9-11
 - Health benefits-Maintain Heart Health, Eyes Health.
 - Taste – sweet
 - Fruiting period – October
- *“The taxonomic name Inga is derived from its name with the Tupí people of South America, while the species name edulis is Latin for "edible". The common name "ice-cream bean" alludes to the sweet flavour and smooth texture of the pulp.”*



Ice cream beans small seed

- Scientific name –Inga edulis
 - Origin- unknown
 - Growing zone- 9-11
 - Health benefits-Maintain Heart Health, Eyes Health.
 - Taste – sweet
 - Fruiting period – October
- *“The taxonomic name Inga is derived from its name with the Tupí people of South America, while the species name edulis is Latin for "edible". The common name "ice-cream bean" alludes to the sweet flavour and smooth texture of the pulp.”*



Ilama

- Scientific name-*Annona diversifolia*
- Origin-Central America
- Growing zone- 10
- Health benefits-anticancer, anticonvulsant, anti-arthritic, antiparasitic
- Taste – custard like aromatic pulp
- Fruiting period- July - December
- *“The ilama fruit is eaten halved, by scooping the flesh out of the rind, and usually chilled when served. It is sometimes served with cream and sugar to intensify the flavour, or with a drop of lime or lemon juice to highlight a tart and bitter note.”*



Imbe fruit

- Scientific name-*Garcinia livingstonei*
 - Origin- Africa
 - Growing zone- 10-11
 - Health benefits- improve nutrition, boost food security
 - Taste- sweet
 - Fruiting period- summer
- *"Imbe, also known as African Mangosteen, is a sweet and tart fruit in the Garcinia family. The flavour has a rich sweetness as most Garcinias do, with notes of orange and citrus flavours."*



Inca peanut

- Scientific name-Plukenetia volubilis
- Origin-South America
- Growing zone- 10-12
- Health benefits-High in Protein, A Good Source of Complete Protein.
- Taste- similar to peanut
- Fruiting period- 8 months after planting
- *"Inca peanut is a vine that has star-shaped berries on it. Inca peanut reached here from the tropical areas in America. The nut tastes like peanut and is delicious."*



Jabotica (precoce)

- Scientific name- *Plinia cauliflora*
- Origin- Brazil
- Growing zone- 9-11
- Health benefits- helps in rejuvenating and hydrating your skin
- Taste - taste like grape candy

- Fruiting period- March – April

“Within the skin is a pulpy, translucent white to rosy pink flesh surrounding one to five round and flat, light brown seeds. The flavour of the Jaboticaba flesh has been likened to that of Muscatine grapes”



Jaboticaba (black vine)

- Scientific name- *Plinia cauliflora*
- Origin- Brazil
- Growing zone- 9-11
- Health benefits- helps in rejuvenating and hydrating your skin
- Taste - taste like grape candy

- Fruiting period- March – April

“Within the skin is a pulpy, translucent white to rosy pink flesh surrounding one to five round and flat, light brown seeds.

The flavour of the Jaboticaba flesh has been likened to that of Muscatine grapes”



Jaboticaba (blue)

- Scientific name- *Plinia cauliflora*
- Origin- south america
- Growing zone- 9-11
- Health benefits- helps in rejuvenating and hydrating your skin
- Taste - taste like grape candy

- Fruiting period- March – April

*"The flesh sweet and juicy with on or two large seeds inside.
People say that the fruit tastes like a juicy grape."*



Jaboticaba (Campo Ramon)

- Scientific name- *Plinia cauliflora*
- Origin- Argentina
- Growing zone- 9-11
- Health benefits- helps in rejuvenating and hydrating your skin
- Taste - taste like grape candy

- Fruiting period- March – April

“Dark purple when ripe, and have 1-4 small seeds. The pulp can have a pinkish colour and tastes like Sabará Jaboticaba with notes of Maraschino cherries.”



Jaboticaba (escarlata)

- Scientific name- *Plinia cauliflora*
- Origin- brazil
- Growing zone- 9-11
- Health benefits- helps in rejuvenating and hydrating your skin
- Taste – very sweet
- Fruiting period- March – April
- *“Very sweet fruit with an excellent flavour are produced on a dwarf tree. Takes about 3 years to commence flowering and fruit and is suitable for pots where it is eye-catching and beautiful.”*



Jaboticaba (grimal)

- Scientific name- *Plinia cauliflora*
- Origin- brazil
- Growing zone- 9-11
- Health benefits- helps in rejuvenating and hydrating your skin
- Taste – taste like grape candy
- Fruiting period- March – April

“Within the skin is a pulpy, translucent white to rosy pink flesh surrounding one to five round and flat, light brown seeds. The flavour of the Jaboticaba flesh has been likened to that of Muscatine grapes”



Jaboticaba (hybrid)

- Scientific name- *Plinia cauliflora*
- Origin- brazil
- Growing zone- 9-11
- Health benefits- helps in rejuvenating and hydrating your skin
- Taste – sweet and tart
- Fruiting period- March – April
- “Red jaboticaba is a seedling hybrid, also called Precocious Jaboticaba. This makes for a very fast fruiting plant. Similar growth habit and care as the regular jaboticaba. Trees grown from seeds are not identical to the parent tree.”



Jaboticaba (red hybrid)

- Scientific name- *Plinia cauliflora*
- Origin- brazil
- Growing zone- 9-11
- Health benefits- helps in rejuvenating and hydrating your skin
- Taste – sweet and tart
- Fruiting period- March – April
- *“This one has fruits slightly smaller than purple jaboticaba, and tastes roughly similar to it, with an excellent balance of sweet and tart flavors and grape-like fruitiness.”*



Jaboticaba (sabara)

- Scientific name- *Plinia cauliflora*
- Origin- brazil
- Growing zone- 9-11
- Health benefits- helps in rejuvenating and hydrating your skin
- Taste – sweet and tart
- Fruiting period- March – April
- *“Within the skin is a pulpy, translucent white to rosy pink flesh surrounding one to five round and flat, light brown seeds. The flavour of the Jaboticaba flesh has been likened to that of Muscatine grapes”*



Jaboticaba (white)

- Scientific name- *Myrciaria aureana*
- Origin- brazil
- Growing zone- 9-11
- Health benefits- helps in rejuvenating and hydrating your skin
- Taste – similar to lychee
- Fruiting period- March – April
- *“The jaboticaba tree is what's known in the plant world as a cauliflory, meaning that its flowers and fruits grow directly out of it trunk. White jaboticabas taste like sour lychees.”*



Jaboticaba(Yellow)

- Scientific name-Plinia cauliflora
- Origin- brazil
- Growing zone- 10-12
- Health benefits- helps in rejuvenating and hydrating your skin
- Taste – similar to lychee
- Fruiting period- March – April
- *“Yellow fruiting species with a distinctive sweet tangy flavour reminiscent of pineapple. A prerequisite for enjoying the fruits of the Black Jaboticaba is patience.”*



Jack bairachandra

- Scientific name-Artocarpus heterophyllus
- Origin- India
- Growing zone- 10
- Health benefits-antibacterial, antifungal, antidiabetic, anti-inflammatory
- Taste- sweet
- Fruiting period-June-August
- *"The ripe fruit is sweet and is more often used for desserts. Canned green jackfruit has a mild taste and meat-like texture that lends itself to being called a vegetable meat."*



Jack (elephant)

- Scientific name- *Artocarpus tamaran*
- Origin- Asia
- Growing zone- 10
- Health benefits-protect against diseases such as heart disease, cancer and diabetes
- Taste- light sour
- Fruiting period-June-August
- *"With just a single seed, the fruit is flattened and globular in shape with just about 2 cm wide. Giving a sour taste, the fruit is used in making jams and confectionary."*



Jack G-11

- Scientific name-Artocarpus heterophyllus
- Origin- India
- Growing zone- 10
- Health benefits-antibacterial, antifungal, antidiabetic, anti-inflammatory
- Taste- sweet
- Fruiting period-June-August
- *"The ripe fruit is sweet and is more often used for desserts. Canned green jackfruit has a mild taste and meat-like texture that lends itself to being called a vegetable meat."*



Jack J-33

- Scientific name-Artocarpus heterophyllus
- Origin- India
- Growing zone- 10
- Health benefits-antibacterial, antifungal, antidiabetic, anti-inflammatory
- Taste- sweet
- Fruiting period-June-August
- *"The ripe fruit is sweet and is more often used for desserts. Canned green jackfruit has a mild taste and meat-like texture that lends itself to being called a vegetable meat."*



Jack 333

- Scientific name-Artocarpus heterophyllus
- Origin- India
- Growing zone- 10
- Health benefits-antibacterial, antifungal, antidiabetic, anti-inflammatory
- Taste- sweet
- Fruiting period-June-August
- *"The ripe fruit is sweet and is more often used for desserts. Canned green jackfruit has a mild taste and meat-like texture that lends itself to being called a vegetable meat."*



Jack Ananya

- Scientific name-Artocarpus heterophyllus
- Origin- India
- Growing zone- 10
- Health benefits-antibacterial, antifungal, antidiabetic, anti-inflammatory
- Taste- sweet
- Fruiting period-June-August
- *"The ripe fruit is sweet and is more often used for desserts. Canned green jackfruit has a mild taste and meat-like texture that lends itself to being called a vegetable meat."*



Jack cambodia

- Scientific name-Artocarpus heterophyllus
- Origin- India
- Growing zone- 10
- Health benefits-antibacterial, antifungal, antidiabetic, anti-inflammatory
- Taste- sweet
- Fruiting period-June-August
- *"The ripe fruit is sweet and is more often used for desserts. Canned green jackfruit has a mild taste and meat-like texture that lends itself to being called a vegetable meat."*



Jack chandra

- Scientific name-Artocarpus heterophyllus
- Origin- India
- Growing zone- 10
- Health benefits-antibacterial, antifungal, antidiabetic, anti-inflammatory
- Taste- sweet
- Fruiting period-June-August
- *"The ripe fruit is sweet and is more often used for desserts. Canned green jackfruit has a mild taste and meat-like texture that lends itself to being called a vegetable meat."*



Jack chunakapura soft

- Scientific name-Artocarpus heterophyllus
- Origin- India
- Growing zone- 10
- Health benefits-antibacterial, antifungal, antidiabetic, anti-inflammatory
- Taste- sweet
- Fruiting period-June-August
- *"It's a bit crispy outside, very fluffy, and soft inside with sweet which makes it easy to chew."*



Jack december honey

- Scientific name-Artocarpus heterophyllus
- Origin- India
- Growing zone- 10
- Health benefits-antibacterial, antifungal, antidiabetic, anti-inflammatory
- Taste- sweet
- Fruiting period-June-August
- "It has a subtle sweet and fruity flavour. It has been said to taste similar to a combination of fruits, including apples, pineapples, mangoes and bananas with a bit of honey flavour."



Jack dieng suriya

- Scientific name-Artocarpus heterophyllus
- Origin- India
- Growing zone- 10
- Health benefits-antibacterial, antifungal, antidiabetic, anti-inflammatory
- Taste- sweet
- Fruiting period-June-August
- *"The ripe fruit is sweet and is more often used for desserts. Canned green jackfruit has a mild taste and meat-like texture that lends itself to being called a vegetable meat."*



Jack gumless

- Scientific name-Artocarpus heterophyllus
- Origin- India
- Growing zone- 10
- Health benefits-antibacterial, antifungal, antidiabetic, anti-inflammatory
- Taste- sweet
- Fruiting period-June-August
- "The Gum less Jackfruit is sweet and having no or little gum jackfruit. The deep orange flesh is soft, with a strong, sweet flavour and aroma."



Jack konkan

- Origin- India
- Growing zone- 10
- Health benefits-antibacterial, antifungal, antidiabetic, anti-inflammatory
- Taste- sweet
- Fruiting period-June-August
- “It has a subtle sweet and fruity flavour. It has been said to taste similar to a combination of fruits, including apples, pineapples, mangoes and bananas.”



Jack lalbhag madhura

- Scientific name-Artocarpus heterophyllus
- Origin- India
- Growing zone- 10
- Health benefits-antibacterial, antifungal, antidiabetic, anti-inflammatory
- Taste- sweet
- Fruiting period-June-August
- *"The ripe fruit is sweet and is more often used for desserts. Canned green jackfruit has a mild taste and meat-like texture that lends itself to being called a vegetable meat."*



Jack lalbhag raju

- Scientific name-Artocarpus heterophyllus
- Origin- India
- Growing zone- 10
- Health benefits-antibacterial, antifungal, antidiabetic, anti-inflammatory
- Taste- sweet
- Fruiting period-June-August
- *"The ripe fruit is sweet and is more often used for desserts. Canned green jackfruit has a mild taste and meat-like texture that lends itself to being called a vegetable meat."*



Jack large rudrakshi

- Scientific name-Artocarpus heterophyllus
- Origin- India
- Growing zone- 10
- Health benefits-antibacterial, antifungal, antidiabetic, anti-inflammatory
- Taste- sweet
- Fruiting period-June-August
- *"The ripe fruit is sweet and is more often used for desserts. Canned green jackfruit has a mild taste and meat-like texture that lends itself to being called a vegetable meat."*



Jack mankale red

- Scientific name-Artocarpus heterophyllus
- Origin- India
- Growing zone- 10
- Health benefits-antibacterial, antifungal, antidiabetic, anti-inflammatory
- Taste- sweet
- Fruiting period-June-August
- *"The ripe fruit is sweet and is more often used for desserts. Canned green jackfruit has a mild taste and meat-like texture that lends itself to being called a vegetable meat."*



Jack nagachandra

- Scientific name-Artocarpus heterophyllus
- Origin- India
- Growing zone- 10
- Health benefits-antibacterial, antifungal, antidiabetic, anti-inflammatory
- Taste- sweet
- Fruiting period-June-August
- *"The ripe fruit is sweet and is more often used for desserts. Canned green jackfruit has a mild taste and meat-like texture that lends itself to being called a vegetable meat."*



Jack palur

- Scientific name-Artocarpus heterophyllus
- Origin- India
- Growing zone- 10
- Health benefits-antibacterial, antifungal, antidiabetic, anti-inflammatory
- Taste- sweet
- Fruiting period-June-August
- *"The ripe fruit is sweet and is more often used for desserts. Canned green jackfruit has a mild taste and meat-like texture that lends itself to being called a vegetable meat."*



Jack paale

- Scientific name-Artocarpus heterophyllus
- Origin- India
- Growing zone- 10
- Health benefits-antibacterial, antifungal, antidiabetic, anti-inflammatory
- Taste- sweet
- Fruiting period-June-August
- *"The ripe fruit is sweet and is more often used for desserts. Canned green jackfruit has a mild taste and meat-like texture that lends itself to being called a vegetable meat."*



Jack prakashchandra

- Scientific name-Artocarpus heterophyllus
- Origin- India
- Growing zone- 10
- Health benefits-antibacterial, antifungal, antidiabetic, anti-inflammatory
- Taste- sweet
- Fruiting period-June-August
- *"The ripe fruit is sweet and is more often used for desserts. Canned green jackfruit has a mild taste and meat-like texture that lends itself to being called a vegetable meat."*



Jack red rudrakshi

- Scientific name-Artocarpus heterophyllus
- Origin- India
- Growing zone- 10
- Health benefits-antibacterial, antifungal, antidiabetic, anti-inflammatory
- Taste- sweet
- Fruiting period-June-August
- *"The ripe fruit is sweet and is more often used for desserts. Canned green jackfruit has a mild taste and meat-like texture that lends itself to being called a vegetable meat."*



Jack rudrakshi

- Scientific name-Artocarpus heterophyllus
- Origin- India
- Growing zone- 10
- Health benefits-antibacterial, antifungal, antidiabetic, anti-inflammatory
- Taste- sweet
- Fruiting period-June-August
- *"The ripe fruit is sweet and is more often used for desserts. Canned green jackfruit has a mild taste and meat-like texture that lends itself to being called a vegetable meat."*



Jack sadananda

- Scientific name-Artocarpus heterophyllus
- Origin- India
- Growing zone- 10
- Health benefits-antibacterial, antifungal, antidiabetic, anti-inflammatory
- Taste- sweet
- Fruiting period-June-August
- *"The ripe fruit is sweet and is more often used for desserts. Canned green jackfruit has a mild taste and meat-like texture that lends itself to being called a vegetable meat."*



Jack seedless

- Scientific name-Artocarpus heterophyllus
- Origin- India
- Growing zone- 10
- Health benefits-antibacterial, antifungal, antidiabetic, anti-inflammatory
- Taste- sweet
- Fruiting period-June-August
- *"Seedless jackfruit with characteristic Green flesh is pretty attractive to look at and sweeter than other jackfruits."*



Jack shankara

- Scientific name-Artocarpus heterophyllus
 - Origin- India
 - Growing zone- 10
 - Health benefits-antibacterial, antifungal, antidiabetic, anti-inflammatory
 - Taste- sweet
 - Fruiting period-June-August
- *"The ripe fruit is sweet and is more often used for desserts. Canned green jackfruit has a mild taste and meat-like texture that lends itself to being called a vegetable meat."*



Jack Siddu

- Scientific name-Artocarpus heterophyllus
- Origin- India
- Growing zone- 10
- Health benefits-antibacterial, antifungal, antidiabetic, anti-inflammatory
- Taste- sweet
- Fruiting period-June-August
- *"The ripe fruit is sweet and is more often used for desserts. Canned green jackfruit has a mild taste and meat-like texture that lends itself to being called a vegetable meat."*



Jack sindhoor

- Scientific name-Artocarpus heterophyllus
- Origin- India
- Growing zone- 10
- Health benefits-antibacterial, antifungal, antidiabetic, anti-inflammatory
- Taste- sweet
- Fruiting period-June-August
- *"The ripe fruit is sweet and is more often used for desserts. Canned green jackfruit has a mild taste and meat-like texture that lends itself to being called a vegetable meat."*



Jack Singapore

- Scientific name-Artocarpus heterophyllus
- Origin- singapore
- Growing zone- 10
- Health benefits-antibacterial, antifungal, antidiabetic, anti-inflammatory
- Taste- sweet
- Fruiting period-June-August
- *"The ripe fruit is sweet and is more often used for desserts. Canned green jackfruit has a mild taste and meat-like texture that lends itself to being called a vegetable meat."*



Jack swarna

- Scientific name-Artocarpus heterophyllus
- Origin- India
- Growing zone- 10
- Health benefits-antibacterial, antifungal, antidiabetic, anti-inflammatory
- Taste- sweet
- Fruiting period-June-August
- *"The ripe fruit is sweet and is more often used for desserts. Canned green jackfruit has a mild taste and meat-like texture that lends itself to being called a vegetable meat."*



Jack thailand all time

- Scientific name-Artocarpus heterophyllus
- Origin- Thailand
- Growing zone- 10
- Health benefits-antibacterial, antifungal, antidiabetic, anti-inflammatory
- Taste- sweet
- Fruiting period-June-August
- *"The ripe fruit is sweet and is more often used for desserts. Canned green jackfruit has a mild taste and meat-like texture that lends itself to being called a vegetable meat."*



Jack thailand dwarf

- Scientific name-Artocarpus heterophyllus
- Origin- thailand
- Growing zone- 10
- Health benefits-antibacterial, antifungal, antidiabetic, anti-inflammatory
- Taste- sweet
- Fruiting period-June-August
- *"The ripe fruit is sweet and is more often used for desserts. Canned green jackfruit has a mild taste and meat-like texture that lends itself to being called a vegetable meat."*



Jack thailand red

- Scientific name-Artocarpus heterophyllus
- Origin- Thailand
- Growing zone- 10
- Health benefits-antibacterial, antifungal, antidiabetic, anti-inflammatory
- Taste- sweet
- Fruiting period-June-August
- *"The ripe fruit is sweet and is more often used for desserts. Canned green jackfruit has a mild taste and meat-like texture that lends itself to being called a vegetable meat."*



jack Toobagere

- Scientific name-Artocarpus heterophyllus
- Origin- India
- Growing zone- 10
- Health benefits-antibacterial, antifungal, antidiabetic, anti-inflammatory
- Taste- sweet
- Fruiting period-June-August
- *"The ripe fruit is sweet and is more often used for desserts. Canned green jackfruit has a mild taste and meat-like texture that lends itself to being called a vegetable meat."*



Jack Varashree red

- Scientific name-Artocarpus heterophyllus
- Origin- India
- Growing zone- 10
- Health benefits-antibacterial, antifungal, antidiabetic, anti-inflammatory
- Taste- sweet
- Fruiting period-June-August
- *"The ripe fruit is sweet and is more often used for desserts. Canned green jackfruit has a mild taste and meat-like texture that lends itself to being called a vegetable meat."*



Jack Vietnam super early

- Scientific name-Artocarpus heterophyllus
- Origin- vietnam
- Growing zone- 10
- Health benefits-antibacterial, antifungal, antidiabetic, anti-inflammatory
- Taste- sweet
- Fruiting period-June-August
- *"The ripe fruit is sweet and is more often used for desserts. Canned green jackfruit has a mild taste and meat-like texture that lends itself to being called a vegetable meat."*



Jack Wild

- Scientific name-Artocarpus heterophyllus
- Origin- India
- Growing zone- 10
- Health benefits-antibacterial, antifungal, antidiabetic, anti-inflammatory
- Taste- sweet
- Fruiting period-June-August
- *"The ripe fruit is sweet and is more often used for desserts. Canned green jackfruit has a mild taste and meat-like texture that lends itself to being called a vegetable meat."*



Jackal berry

- Scientific name-Diospyros mespiliformis
- Origin-Africa
- Growing zone- 10
- Healthy benefits-anticancer, analgesic, anti-inflammatory, hypoglycaemic
- Taste –lemon-like flavoured
- Fruiting period- dry season
- *“Bark and leaves contain tannin. The lemon-like flavored Fruit is edible either fresh or dried. It is used to make beer and brandy.”*



Jamun arabavi

- Scientific name-Syzygium cuminii
- Origin- India
- Growing zone- 9-11
- Healthy benefits- arthritis, asthma, stomach pain, bowel spasm, flatulence
- Taste – sweet
- Fruiting period- February- March
- *"They have a dark purple to almost black skin with a starkly contrasting pink or white flesh. The flesh is extremely juicy and has a flavor that combines sweet and tart with a slightly astringent aftertaste."*



Jamun Bahodoli

- Scientific name-Syzygium cuminii
- Origin- India
- Growing zone- 9-11
- Healthy benefits- arthritis, asthma, stomach pain, bowel spasm, flatulence
- Taste – sweet
- Fruiting period- February- March
- *"They have a dark purple to almost black skin with a starkly contrasting pink or white flesh. The flesh is extremely juicy and has a flavor that combines sweet and tart with a slightly astringent aftertaste."*



Jamun black fruit

- Scientific name-Syzygium cuminii
- Origin- India
- Growing zone- 9-11
- Healthy benefits- arthritis, asthma, stomach pain, bowel spasm, flatulence
- Taste – sweet
- Fruiting period- February- March
- *"They have a dark purple to almost black skin with a starkly contrasting pink or white flesh. The flesh is extremely juicy and has a flavor that combines sweet and tart with a slightly astringent aftertaste."*



Jamun doopdal

- Scientific name-Syzygium sp
- Origin- India
- Growing zone- 9-11
- Healthy benefits- arthritis, asthma, stomach pain, bowel spasm, flatulence
- Taste – sweet
- Fruiting period- February- March
- *"They have a dark purple to almost black skin with a starkly contrasting pink or white flesh. The flesh is extremely juicy and has a flavor that combines sweet and tart with a slightly astringent aftertaste."*



Jamun krishnagiri

- Scientific name-Syzygium sp
- Origin- India
- Growing zone- 9-11
- Healthy benefits- arthritis, asthma, stomach pain, bowel spasm, flatulence
- Taste – sweet
- Fruiting period- February- March
- *“They have a dark purple to almost black skin with a starkly contrasting pink or white flesh. The flesh is extremely juicy and has a flavor that combines sweet and tart with a slightly astringent aftertaste.”*



Jamun patel jambu

- Scientific name-Syzygium sp
- Origin- India
- Growing zone- 9-11
- Healthy benefits- arthritis, asthma, stomach pain, bowel spasm, flatulence
- Taste – sweet
- Fruiting period- February- March
- *"They have a dark purple to almost black skin with a starkly contrasting pink or white flesh. The flesh is extremely juicy and has a flavor that combines sweet and tart with a slightly astringent aftertaste."*



Jamun seedless

- Scientific name-Syzygium sp
- Origin- India
- Growing zone- 9-11
- Healthy benefits- arthritis, asthma, stomach pain, bowel spasm, flatulence
- Taste – sweet
- Fruiting period- February- March
- *"They have a dark purple to almost black skin with a starkly contrasting pink or white flesh. The flesh is extremely juicy and has a flavor that combines sweet and tart with a slightly astringent aftertaste."*



jamun variegated

- Scientific name-Syzygium sp
- Origin- India
- Growing zone- 9-11
- Healthy benefits- arthritis, asthma, stomach pain, bowel spasm, flatulence
- Taste – sweet
- Fruiting period- February- March
- *"They have a dark purple to almost black skin with a starkly contrasting pink or white flesh. The flesh is extremely juicy and has a flavor that combines sweet and tart with a slightly astringent aftertaste."*



Jamun White

- Scientific name-Syzygium cumini
- Origin- India
- Growing zone- 9-11
- Healthy benefits- arthritis, asthma, stomach pain, bowel spasm, flatulence
- Taste – sweet
- Fruiting period- February- March
- *"The Jamuns have a white to pinkish toned skin with waxy texture. This seedless fruits are juicy and tastes mildly sweet."*



Jatoba

- Scientific name-Hymenaea courbaril
- Origin-American tropics
- Growing zone- 10
- Healthy benefits- to treat headache, general pain, inflammation, colds, and bronchitis
- Taste – sweet
- Fruiting period- late rainy season
- *“Within the shell is a cream-colored, powdery flesh surrounding an average of 3 to 6 seeds. Each seed is individually covered with the flesh. The texture is very dense and dry and the flavor is sweet, like powdered sugar.”*



junglesop

- Scientific name-Anonidium mannii
- Origin- Africa
- Growing zone- 6-9
- Healthy benefits- used in the treatment of gastro-intestinal affections
- Taste – Fruit flavour is rich
- Fruiting period- late spring
- *“Fruit flavor is rich but variable and is sometimes described as an acquired taste, though the fruits are generally in high demand in Africa, with large fruits commanding high prices.”*



kafal

- Scientific name-Myrica esculenta
 - Origin-Bhutan and Nepal
 - Growing zone- 6-7
 - Healthy benefits- to treat several ailments such as asthma, cough, chronic bronchitis, ulcers
 - Taste – ravishing sweet & sour
 - Fruiting period- march
- *“The fruit itself is very small in size than mango. You can think the size of a kafal almost similar to almond. The completely ripen kafal has dark red or blackish color and it tastes amazingly sweet. The half ripen has pinkish color and taste sour and sweet.”*



kafri

- Scientific name-Nephelium mutabile
- Origin-Malaysia
- Growing zone- 10
- Healthy benefits- used for weight loss, Good for Diabetes
- Taste – very sweet
- Fruiting period-June to July
- *“The skin is very dark red when ripe and is covered with short, rather pointed knobs which are thick and fleshy but not elongated, as in the rambutan fruit. The flesh is transparent, whitish or rather yellow and the flavor is very sweet.”*



kaffir lime

- Scientific name- Citrus hystrix
- Origin- Asia ,china
- Growing zone- 9-10
- Health benefits-could stop acne-causing bacteria
- Taste -strong citrus
- Fruiting period- May to October

"It resembles a lime with bumpy skin.Kaffir lime develops a flavour similar to that of lemongrass, as do the leaves of the plant, which also have a high content in essential oils."



Kakjam

- Scientific name- *Syzygium fruticosum*
- Origin- India
- Growing zone- 10
- Healthy benefits- used to treat inflammation, bronchitis, diabetes, and stomach problems
- Taste – sweet
- Fruiting period- June - august
- *“They have a dark purple to almost black skin with a starkly contrasting pink or white flesh. The flesh is extremely juicy and has a flavor that combines sweet and tart with a slightly astringent aftertaste.”*



kashmiri walnut

- Scientific name-*Juglans regia*
- Origin- central Asia
- Growing zone- 7-9
- Healthy benefits-good source of fat, protein, vitamins and minerals
- Taste – rich flavor
- Fruiting period- summer
- *“The whole fruit, including the husk, falls in autumn; the seed is large, with a relatively thin shell, and edible, with a rich flavor.”*



Kathemfe plant

- Scientific name- *Thaumatococcus daniellii*
- Origin- Africa
- Growing zone- 10-12
- Health benefits-leaf is rich in protein and fat. The fruit is a good source of minerals
- Taste - intensely sweet
- Fruiting month- dry season
- "When the fleshy part of the fruit is eaten, this molecule binds to the tongue's taste buds, causing sour foods to taste sweet."



kei apple

- Scientific name- *Dovyalis caffra*
- Origin- southern Africa
- Growing zone- 9-11
- Healthy benefits- NA
- Taste – similar to apricot
- Fruiting period- summer
- *“Kei apple fruit is edible with a texture both juicy and floury - much like an apricot. It is often added to fruit salad, makes a good jam and is used in cakes or made into fruit drinks. Kei apple is drought and frost resistant and grows well from seeds collected from ripe fruit.”*



kepel

- Scientific name- *Stelechocarpus burahol*
- Origin- Asia
- Growing zone- 11
- Health benefits-improves body foul odour, Purifies blood, Cures joint pain
- Taste – sweet
- Fruiting month – march-may
- *Kepel fruits are aromatic and have a sweet, fruity, and tropical flavour with papaya, mango, and coconut undertones, Ripe kepel fruits are delicious when consumed fresh and used as an oral deodorant on the island of Java.*



Kepel large

- Scientific name- *Stelechocarpus burahol*
- Origin- Asia
- Growing zone- 11
- Health benefits- improves body foul odour, Purifies blood, Cures joint pain
- Taste – sweet
- Fruiting month – march-may
- *Kepel fruits are aromatic and have a sweet, fruity, and tropical flavour with papaya, mango, and coconut undertones, Ripe kepel fruits are delicious when consumed fresh and used as an oral deodorant on the island of Java.*



keranji

- Scientific name-Dialium indum
- Origin-Southeast Asia
- Growing zone- 10
- Healthy benefits- benefits in pharmaceutical, nutraceutical, and cosmeceutical applications
- Taste – sweet-sour
- Fruiting period- march- April
- *“The flavor of the fruit is similar to tamarind, where it derives its English name. Usually has a sweet-sour taste. Compared to tamarind, it is sweeter, dryer, powder-like and the shell is thicker.”*



Kesusu

- Scientific name- *Prainea limpato*
 - Origin- Peninsular Malaysia
 - Growing zone- 3-6
 - Healthy benefits- NA
 - Taste – sweet & sour
 - Fruiting period- June – august
- *"Its scientific name is Prainea limpato. The surface of the seed is oily. The pulp tastes sweet with a bit of sour. Ultra rare fruit from the family of jackfruit, fresh seeds."*



Kiwi fruit

- Scientific name- Actinidia chinensis
- Origin- china
- Growing zone- 6-9
- Healthy benefits- an help defend skin from the visible effects of airborne pollutants
- Taste –sweet & aromatic
- Fruiting period- late autumn
- *“This species is sweeter and more aromatic in flavor compared to A. deliciosa, similar to some subtropical fruits. One of the most attractive varieties has a red 'iris' around the center of the fruit and yellow flesh outside.”*



Lansium domesticum(dukong)

- Origin- Malaysia
- Growing zone- 10
- Health benefits- improves body functions
- Taste of the fruit- sweet

segmented flesh underneath. The lanzones taste is almost akin to that of a grapefruit, though slightly less bitter, and not overflowing with juice."

"The yellowish skin is easy to peel, revealing a near translucent,



Langsat

- Scientific name- *Lansium parasiticum*
- Origin- Malaysia
- Growing zone- 10
- Health benefits- improves body functions
- Taste of the fruit- sweet
- Fruiting period-

"The yellowish skin is easy to peel, revealing a near translucent, segmented flesh underneath. The lanzones taste is almost akin to that of a grapefruit, though slightly less bitter, and not overflowing with juice."



Lemon(All time)

- Scientific name-Citrus lemon
- Origin- India
- Growing zone- 9-11
- Healthy benefits-Prevent Kidney Stones, Protect Against Anemia
- Taste – sour
- Fruiting period- all year
- *“The distinctive sour taste of lemon juice makes it a key ingredient in drinks and foods such as lemonade and lemon meringue pie.”*



Gaja lemon

- Scientific name-Citrus lemon
- Origin- India
- Growing zone- 9-11
- Healthy benefits-Prevent Kidney Stones, Protect Against Anemia
- Taste – sour
- Fruiting period- spring
- *“It grows mostly wild in South India and the southern parts of the Central India. It tastes sour because of the high acid content though the juice also contains some sugars.”*



Lemon (ganapathi)

- Scientific name-Citrus lemon
- Origin- India
- Growing zone- 9-11
- Healthy benefits-Prevent Kidney Stones, Protect Against Anemia
- Taste – sour
- Fruiting period- spring
- *“The distinctive sour taste of lemon juice makes it a key ingredient in drinks and foods such as lemonade and lemon meringue pie.”*



Lemon (Nepal)

- Scientific name-Citrus lemon
- Origin- nepal
- Growing zone- 9-11
- Healthy benefits-Prevent Kidney Stones, Protect Against Anemia
- Taste – sour
- Fruiting period- spring
- *“The distinctive sour taste of lemon juice makes it a key ingredient in drinks and foods such as lemonade and lemon meringue pie.”*



Lemon (Thai patti)

- Scientific name-Citrus lemon
- Origin- Thailand
- Growing zone-
- Growing zone- 9-11
- Healthy benefits-Prevent Kidney Stones, Protect Against Anemia
- Taste – sour
- Fruiting period- spring



Lemon(Cluster)

- Scientific name-Citrus lemon
- Origin- India
- Growing zone- 9-11
- Healthy benefits-Prevent Kidney Stones, Protect Against Anemia
- Taste – sour
- Fruiting period- spring
- *“The distinctive sour taste of lemon juice makes it a key ingredient in drinks and foods such as lemonade and lemon meringue pie.”*



Lemon (maadala)

- Scientific name- Citrus limetta
- Origin-Mediterranean Basin
- Growing zone- 9-11
- Healthy benefits-Prevent Kidney Stones, Protect Against Anemia
- Taste – sweet
- Fruiting period- spring
- *“The rind is slightly bumpy, pitted with sunken oil glands, and is yellowish-orange at maturity. The flesh is pale yellow, low-seeded, and low in acidity, giving the juice a sweet taste.”*



Lemon (Rangapur)

- Scientific name-Citrus lemon
- Origin- India
- Growing zone- 9-11
- Healthy benefits-Prevent Kidney Stones, Protect Against Anemia
- Taste – sour
- Fruiting period- spring
- *“Rangpur's are intensely sour with a flavor like a smoky lime, hence the name. The fruit originated in India where there used to be several settlements called Rangpur.”*



Lemon(regular)

- Scientific name-Citrus lemon
- Origin- India
- Growing zone- 9-11
- Healthy benefits-Prevent Kidney Stones, Protect Against Anemia
- Taste – sour
- Fruiting period- spring
- *“The distinctive sour taste of lemon juice makes it a key ingredient in drinks and foods such as lemonade and lemon meringue pie.”*



red lemon

- Scientific name- Citrus Limon
- Origin- India
- Growing zone- 9-11
- Health benefits- Help Control Weight, Prevent Kidney Stones
- Taste –sour

- Fruiting period- spring

"This is still a very rare Citrus variety all around the world. The taste of the red lemons is less acidic if compared with that of the yellow lemons. The fruits are used in the same way, but are especially valuable in their appearance."



Lemon(seedless)

- Scientific name- Citrus lemon
- Origin- California
- Growing zone- 9-11
- Health benefits- Help Control Weight, Prevent Kidney Stones
- Taste –sour
- Fruiting period- spring
- *“Seedless lemons are similar in size and shape to typical lemons, with the only difference being the lack of seeds. Seedless lemons have an oval shape, with thick yellow skin. They have a tart, acidic flavor.”*



Lemon(wild)

- Scientific name- *Atalantia monophylla*
- Origin- India
- Growing zone- 9-11
- Health benefits- Help Control Weight, Prevent Kidney Stones
- Taste –sour
- Fruiting period- spring
- *“Having large umbrella like leaves, a single, nodding white flower, and yellow fruit. The ripe fruit is edible, but the roots, leaves, and seeds of the plant are poisonous.”*



Lemon vine

- Scientific name-Pereskia aculeata
- Origin- tropical America
- Growing zone- 9 - 11
- Healthy benefits-excellent source of protein, as well as iron, calcium, phosphorus
- Taste – similar to gooseberry
- Fruiting period- October- November
- *“The Barbados Gooseberry is a super rare and unique leafy cactus vine also known as Blade-apple Cactus, Lemon vine, or Rose Cactus. The leaves and fruit are both edible, containing high quantities of protein , iron and other nutrients.”*



Lemba

- Scientific name- *Curculigo latifolia*
- Origin- Malaysia
- Growing zone- 10
- Healthy benefits-excellent source of protein, as well as iron, calcium, phosphorus
- Taste – similar to gooseberry
- Fruiting period- October- November
- “Curculin is a sweet protein that was discovered and isolated in 1990 from the fruit of *Curculigo latifolia*, a plant from Malaysia. Like miraculin, curculin exhibits taste-modifying activity; however, unlike miraculin, it also exhibits a sweet taste by itself.”



Lepisanthus amoina

- Scientific name-Lepisanthus amoina
- Origin- Malaysia
- Growing zone – 9-10
- Health benefits-Young leaves and bark are used in the treatment of ulcers
- Taste – sweet
- Fruiting period- spring
- *"Mature fruits are yellow, brown, or red in color. Along rivers, in swampy forests but also found on dry lands, The yellowish-white fruit pulp has a sweet flavor and edible."*



Lepisanthus fruticososa

- Scientific name-Lepisanthus fruticososa
- Origin- southeast Asia
- Growing zone – 5-7
- Health benefits- highly nutritional and antioxidant potential
- Taste – sweet
- Fruiting period- April-may
- *“The fruit is a sub globose to ellipsoid berry up to 4 cm in diameter. The flesh is sweet. The fruit can be eaten fresh, as it is sweet when ripe.”*



Lepisanthus rubiginosa

- Scientific name-Lepisanthus rubiginosa
- Origin- Africa
- Growing zone – 7-9
- Health benefits- NA
- Taste – slight sour
- Fruiting period- dry season
- *"Flowers are small, sweetly scented and a host of insects visit these flowers, fruits are jamun like and are edible."*



Lilly pilly

- Scientific name-Syzygium smithii
- Origin- north Queensland
- Growing zone – 9-11
- Health benefits-Anti-aging, anti-inflammatory, Brightens the skin
- Taste –sweet-tart
- Fruiting period- winter
- *“Lilly Pilly berries have a sweet-tart, musky, and metallic flavor with fruity, spice-filled notes reminiscent of cloves, cinnamon, pears, cranberries, and apples.”*



limeberry

- Scientific name- *Triphasia trifolia*
- Origin- Asia
- Growing zone-9-12
- Health benefits-useful for cough and sore throat
- Taste –sweet

- Fruiting period- December- april

"The fruit is a red, edible, similar to a small Citrus fruit. The fruit flesh is pulpy, with a flavour reminiscent of a slightly sweet lime."



Lipote

- Scientific name-Syzygium polycephaloides
- Origin-Southeast Asia
- Growing zone – 9-12
- Health benefits- antioxidant, anti-inflammatory, antibacterial and anti-tumor properties
- Taste – similar to jamun
- Fruiting period- summer
- *“Flowers are white, numerous, and in panicles. Fruits are subglobose, fleshy, red to dark purple, sweet sour, and edible, 1 centimeter in diameter.”*



Litchi

- Scientific name-Litchi chinensis
- Origin-Southeast Asia
- Growing zone -10-11
- Health benefits- contains good amount of antioxidant Vitamin C, Vitamin B-complex
- Taste – sweet aromatic
- Fruiting period- may- June
- *“The lychee fruit has a sweet, aromatic taste to it. Some people say it tastes like a grape with a hint of rose, while others claim it tastes more like a pear or watermelon.”*



Lingon berry

- **Scientific name-** Vaccinium vitis-idaea
- **Origin-** Europe
- **Growing zone** –3-8
- **Health benefits-** May Protect Eye Health, May Reduce Cancer Risk
- **Taste** – sweet aromatic
- **Fruiting period-** two to three years after planting
- “a low-growing, evergreen shrub (Vaccinium vitis-idaea) of cooler, northern regions of North America and Europe that has leathery, oval leaves, white or light pink, bell-shaped, nodding flowers and red berries and is related to the blueberry and cranberry also : the fruit of the lingonberry that resembles a cranberry.”



Red longan

- Scientific name- *Dimocarpus longan*
- Origin- china, Burma
- Growing zone- 10-11
- Health benefits- reducing stress, snake bites as an anti-venom
- Taste - sweet
- Fruiting period- May-June.
- *"The flesh is translucent with red skin , and the seed is large and black with a circular white spot at the base with sweet aromatic flavour."*



Ping pong longan

- Scientific name- *Dimocarpus longan*
- Origin- china, Burma
- Growing zone- 10-11
- Health benefits- reducing stress, snake bites as an anti-venom
- Taste – sweet
- Fruiting period-September to October

"About the size of a ping pong ball, The flesh has a musky, sweet taste, which can be compared to the flavour of lychee fruit. The longan tree is somewhat sensitive to frost."



Longan Ruby

- Scientific name- *Dimocarpus longan*
- Origin- china, Burma
- Growing zone- 10-11
- Health benefits- reducing stress, snake bites as an anti-venom
- Taste - sweet
- Fruiting period- May-June
- *"The flesh is translucent with red skin , and the seed is large and black with a circular white spot at the base with sweet aromatic flavor."*



Longan white

- Scientific name- *Dimocarpus longan*
- Origin- china, Burma
- Growing zone- 10-11
- Health benefits- reducing stress, snake bites as an anti-venom
- Taste – sweet
- Fruiting period- May-June
- *“The longan fruit is very juicy, mostly water, and high in natural sugar content, so it is very sweet. The translucent flesh has the consistency of a grape and it also taste grape-like.”*



Longkong

- Scientific name-Lansium parasiticum
- Origin-Southeast Asia
- Growing zone – 7-9
- Health benefits-The bark is used to treat dysentery and malaria
- Taste – sweet and sour
- Fruiting period-July and August
- *“The taste has been likened to a combination of grape and grapefruit and is considered excellent by most. The sweet juicy flesh contains sucrose, fructose, and glucose.”*



Loobi pulm

- Scientific name-Flacourtia jangomas
- Origin-East Africa
- Growing zone – 9-11
- Health benefits- important ingredient for a few Ayurvedic drugs
- Taste – mild sour and tangy
- Fruiting period- August-October
- *“Flacourtia jangomas fruits are widely eaten around South Asia, both raw and cooked. They are noted for their mild sour and tangy taste. The fruits are pickled, salt-dried or cooked in Indian curries.”*



Loquat

- Scientific name-Eriobotrya japonica
- Origin-China
- Growing zone – 8-11
- Health benefits-High in nutrients, May improve metabolic health
- Taste – sweet
- Fruiting period- autumn
- *“Loquats taste sweet, yet slightly tart, with notes of citrus. Be sure to choose fully ripe loquats, as immature fruit is sour. Ripe ones turn a bright yellow-orange and are soft to the touch.”*



Lovi lovi sweet

- Scientific name-Flacourtia inermis
- Origin-Philippines
- Growing zone – 6-8
- Health benefits-Dried leaves are reportedly effective for bronchitis and roots are said to suppress toothache.
- Taste – slightly sour
- Fruiting period- June – October
- *The fruit is round and shiny, turning from light green to a deep red color upon ripening. The flesh is crunchy but sour and acidic in taste.*



Locust African

- Scientific name-Parkia biglobosa
- Origin-South America
- Growing zone – 10
- Health benefits-have significant anti-inflammatory, analgesic, antibacterial and anti-helminthic activities
- Taste – similar to chocolate
- Fruiting period- dry season
- *“Locust bean gum is a fine white powder with many uses in food production. The gum is mildly sweet and has a subtle chocolate taste.”*



Macadamia nut

- Scientific name-Macadamia integrifolia
- Origin- Australia
- Growing zone – 9
- Health benefits-reduce plasma cholesterol levels and decrease the risk of cardiovascular disease
- Taste – nutty flavour
- Fruiting period- late-January and early-April
- *“Macadamia nuts have a rich, buttery flavor. Roasting or salting the nuts draws out their natural, subtle sweetness and creamy texture.”*



Madrono

- Scientific name- *Arbutus menziesii*
- Origin-North America
- Growing zone – 7-9
- Health benefits- used for the treatment of hypertension and diabetes
- Taste – bland taste
- Fruiting period-March to May,
- *“The small, bright red berries can be eaten raw or cooked. When eaten raw, these berries are dry, mealy, and almost tasteless. On the other hand, cooking bearberries bring out their natural sweetness, making them taste similar to cranberries.”*



Mahkota dewa

- Scientific name-Phaleria macrocarpa
- Origin- Indonesia
- Growing zone – 10
- Health benefits- anti-cancer, anti-diabetic, anti-hyperlipidemic
- Taste – cannot be consumed raw
- Fruiting period- all year round
- *“Mahkota dewa fruit is chopped like onion and cooked before consuming. It is used to treat diseases like cancer, blood pressure, cholesterol, diabetes and liver disease.”*



Malayan apple jambu

- **Scientific name-** Syzygium malaccense
- **Origin-**Malesia and Australia
- **Growing zone** – 10-11
- **Health benefits-**The pulp demonstrated high amounts of soluble fibers and reducing sugars
- **Taste** – bland but refreshing
- **Fruiting period-**February–March and October–November.
- *“Its taste is bland but refreshing. Jam is prepared by stewing the flesh with brown sugar and ginger.”*



Mamey sapota

- Scientific name-Pouteria sapota
- Origin- Mexico
- Growing zone – 11
- Health benefits- helps improve heart health, aids in weight loss efforts
- Taste – sweet
- Fruiting period- summer
- *“The fruit's texture is creamy and soft, the flavor is a mix of sweet potato, pumpkin, honey, prune, peach, apricot, cantaloupe, cherry, and almond.”*



Manila tennis cherry

- **Scientific name-** Flacourtia inermis
- **Origin-** Australia
- **Growing zone** – 4-6
- **Health benefits-** source of antioxidants
- **Taste** –sweet
- **Fruiting period-** monsoon
- “Their exterior skin is smooth, exhibiting a red hue. Its soft flesh is juicy and surrounds a cherry-like pit. It has a pleasantly sweet flavor, with berry and grape tasting notes, and are considered to be one of the best tasting Australian native fruits..”



Mandrono fruit

- Scientific name-Arbutus unedo
- Origin- Mediterranean region
- Growing zone -7-10
- Health benefits-Antiseptic, Counteracts Diarrhea, reduces Skin Spots
- Taste – sweet
- Fruiting period- autumn
- *“The flesh is white to golden in color with a soft jelly-like consistency. The Strawberry fruit replicates flavors reminiscent of apricots and guavas with subtle woody undertones, a characteristic evident of many wild shrub fruits.”*



Manorangini

- Scientific name-Artabotrys hexapetalus
- Origin- Burma, southern China
- Growing zone – 10-11
- Health benefits-antioxidant, antifungal, antifertility, and anthelmintic properties
- Taste – slight bitter
- Fruiting period-September-February
- *“The flowers are greenish in the beginning and turn yellow with age and the flowers are long lasting with fruity pleasant smell.”*



Mangifera Odorata(mango)

- Scientific name-Mangifera sp
- Origin-Myanmar, Thailand
- Growing zone – 9-11
- Health benefits- rich in anti-oxidants, which help in fighting cancer.
- Taste –sour or sweet
- Fruiting period- summer – summer end
- *“The flesh of the fruit has an orange to yellow colour and is sour or sweet when eaten. The fruits are round in shape and have a smooth skin that range from yellow-green.”*



Mangifera Pajang (mango)

- Scientific name-Mangifera sp
- Origin-Myanmar, Thailand
- Growing zone – 9-11
- Health benefits- rich in anti-oxidants, which help in fighting cancer.
- Taste –sour or sweet

- Fruiting period- summer – summer end

“Though the thick flesh is coarsely fibrous, the ripe fruit is pleasant to eat, having a specific aromatic flavor.”



Mango jardalu

- Scientific name-Mangifera sp
- Origin- India
- Growing zone – 9-11
- Health benefits- rich in anti-oxidants, which help in fighting cancer.
- Taste –sour or sweet
- Fruiting period- summer – summer end
- *"Jardalu mango has been described as a unique product from Bhagalpur in the journal. This mango variety is known for its light yellow skin and special aroma."*



Mango (Nam doc mai)

- Scientific name-Mangifera sp
- Origin- Thailand
- Growing zone – 9-11
- Health benefits- rich in anti-oxidants, which help in fighting cancer.
- Taste –sour or sweet
- Fruiting period- summer – summer end
- *“The fruit is elongated, with a prominent beak, and is normally yellow with green spots. It is a polyembryonic-seeded variety. The flesh of the fruit is known for having very little fibre, strong and pleasant aroma, and very sweet taste.”*



Mango all season

- Scientific name-Mangifera sp
- Origin- bangladesh
- Growing zone – 9-11
- Health benefits- rich in anti-oxidants, which help in fighting cancer.
- Taste –sour or sweet
- Fruiting period- all season
- *“The flesh of the fruit has an orange to yellow colour and is sour or sweet when eaten. The fruits are round in shape and have a smooth skin that range from yellow-green.”*



Mango alphonso

- Scientific name-Mangifera sp
- Origin- bangladesh
- Growing zone – 9-11
- Health benefits- rich in anti-oxidants, which help in fighting cancer.
- Taste –sour or sweet
- Fruiting period-summer – summer end
- *“Alphonso mangoes are small and somewhat egg-shaped. ... The Indian mangoes have a sharply sweet flavor along with more mellow tropical flavors. The flesh is non-fibrous, with a smooth texture unlike some mango varieties.”*



Mango amrapaali

- Scientific name-Mangifera sp
- Origin- bangladesh
- Growing zone – 9-11
- Health benefits- rich in anti-oxidants, which help in fighting cancer.
- Taste –sour or sweet
- Fruiting period-summer – summer end
- *“Amrapali is a well-known mango hybrid that deserves credit for its naturally sweet taste and pulpy flesh. The Amrapali mango is widely available in fruit markets in June.”*



Mango appemidi

- Scientific name-Mangifera sp
- Origin- India
- Growing zone – 9-11
- Health benefits- rich in anti-oxidants, which help in fighting cancer.
- Taste –sour or sweet
- Fruiting period-summer – summer end
- *“Pickles are an integral part of meals in every Indian household, and pickles prepared from appe midi mangoes make for an exquisite culinary experience.”*



Mango badami

- Scientific name-Mangifera sp
- Origin- India
- Growing zone – 9-11
- Health benefits- rich in anti-oxidants, which help in fighting cancer.
- Taste –sour or sweet
- Fruiting period-summer – summer end
- *“Badami is called Karnataka's Alphonso due to its sweet taste. It has pale yellow skin with yellowish-orange flesh. Never miss the mangoes during the season.”*



Mango bangnaplli

- Scientific name-Mangifera sp
- Origin- India
- Growing zone – 9-11
- Health benefits- rich in anti-oxidants, which help in fighting cancer.
- Taste –sour or sweet
- Fruiting period-summer – summer end
- *“It is named for its distinct shape which is reminiscent of a parrot's beak. It has a a piquant flavour – something that is coveted among the other sweet varieties of mangoes available. It is the most popular mango variety for making pulp and other processed mango products.”*



Mango banglore thotapuri

- Scientific name-Mangifera sp
- Origin- India
- Growing zone – 9-11
- Health benefits- rich in anti-oxidants, which help in fighting cancer.
- Taste –sour or sweet
- Fruiting period-summer – summer end
- *“Totapuri Mango Skin lacks the usual Bitter taste of Most Mango skins or has a very slight bitterness and is consumed with the flesh traditionally.”*



Mango Benett alphonso

- Scientific name-Mangifera sp
- Origin- bangladesh
- Growing zone – 9-11
- Health benefits- rich in anti-oxidants, which help in fighting cancer.
- Taste –sour or sweet
- Fruiting period-summer – summer end
- *“Alphonso mangoes are small and somewhat egg-shaped. ... The Indian mangoes have a sharply sweet flavor along with more mellow tropical flavors. The flesh is non-fibrous, with a smooth texture unlike some mango varieties.”*



Mango benisha

- Scientific name-Mangifera sp
- Origin- India
- Growing zone – 9-11
- Health benefits- rich in anti-oxidants, which help in fighting cancer.
- Taste –sour or sweet
- Fruiting period-summer – summer end
- *“It is named for its distinct shape which is reminiscent of a parrot's beak. It has a a piquant flavour – something that is coveted among the other sweet varieties of mangoes available. It is the most popular mango variety for making pulp and other processed mango products.”*



Mango biju

- Scientific name-Mangifera sp
- Origin- India
- Growing zone – 9-11
- Health benefits- rich in anti-oxidants, which help in fighting cancer.
- Taste –sour or sweet
- Fruiting period-summer – summer end
- *“These mangoes are small in size and are light yellow in color. They do not need to be sliced, you can have it directly squeezed in your mouth.”*



Mango chandrakaran

- Scientific name-Mangifera sp
- Origin- India
- Growing zone – 9-11
- Health benefits- rich in anti-oxidants, which help in fighting cancer.
- Taste –sour or sweet
- Fruiting period-summer – summer end
- *“Raw variety has a sour flavor and is used for making various mouth watering recipes.”*



Mango chausa

- Scientific name-Mangifera sp
- Origin- India
- Growing zone – 9-11
- Health benefits- rich in anti-oxidants, which help in fighting cancer.
- Taste –sour or sweet
- Fruiting period-summer – summer end
- *“The fruit has a golden-yellow color when it is soft, is almost fibreless, and has an aromatic, pleasant, sweet flavor. The unique taste and richness in its flavor makes it a worldwide favorite.”*



Mango cherukurasam

- Scientific name-Mangifera sp
- Origin- India
- Growing zone – 9-11
- Health benefits- rich in anti-oxidants, which help in fighting cancer.
- Taste –sour or sweet
- Fruiting period-summer – summer end
- *“It is a sugary juicy in taste and its name comes from its taste which is similar to sugarcane juice.”*



Mango dussehri

- Scientific name-Mangifera sp
- Origin- India
- Growing zone – 9-11
- Health benefits- rich in anti-oxidants, which help in fighting cancer.
- Taste –sour or sweet
- Fruiting period-summer – summer end
- *“Dasherri mangoes are long and oval shaped, with a light green or yellow-green skin when mature, becoming golden yellow when ripe. Dasherri mangoes have a fiberless, peach-colored flesh with a medium-sized stone. The flavor is very sweet and aromatic.”*



Mango gulab khas

- Scientific name-Mangifera sp
- Origin- India
- Growing zone – 9-11
- Health benefits- rich in anti-oxidants, which help in fighting cancer.
- Taste –sour or sweet
- Fruiting period- may-june
- *"Gulab Khaas Mango is a delectable fruit that exhibits rosy flavor and tastes that mango lovers are bound to love. This fruit has a blushing pink or red skin and it is often used to prepare mango based desserts given it has a non-fibrous pulp."*



Mango imam pasand

- Scientific name-Mangifera sp
- Origin- India
- Growing zone – 9-11
- Health benefits- rich in anti-oxidants, which help in fighting cancer.
- Taste –sour or sweet
- Fruiting period- summer
- *“Imam Pasand Mango is a large, mottled green that lightens to blotched yellow-green as it ripens. It is generally grown in states of Andhra Pradesh, Telangana and Tamil Nadu. It has a sweet flavor with citrus overtones.”*



Mango kalapady

- Scientific name-Mangifera sp
- Origin- India
- Growing zone – 9-11
- Health benefits- rich in anti-oxidants, which help in fighting cancer.
- Taste –sour or sweet
- Fruiting period- summer
- *“The sweetest of Mangoes from the orchids are brought to you. Kalapadi is known for its sweet taste and unique flavor. Imagine sipping in the juice from the squeezed mangoes dripping all over the face, yup, this is the forgotten native variety.”*



Mango kalluketty

- Scientific name-Mangifera sp
- Origin- India
- Growing zone – 9-11
- Health benefits- rich in anti-oxidants, which help in fighting cancer.
- Taste –sour or sweet
- Fruiting period- summer
- *“Ripe, unpeeled mangoes give off a distinctive resinous, sweet smell. The seed contains the plant embryo. Mangoes have recalcitrant seeds; they do not survive freezing and drying.”*



Mango karpooram

- Scientific name-Mangifera sp
- Origin- India
- Growing zone – 9-11
- Health benefits- rich in anti-oxidants, which help in fighting cancer.
- Taste –sour or sweet
- Fruiting period- summer
- *“Mango karpooram is big sized, and the taste and smell is similar to camphor hence the name Mango karpooram .”*



Mango kesar

- Scientific name-Mangifera sp
- Origin- India
- Growing zone – 9-11
- Health benefits- rich in anti-oxidants, which help in fighting cancer.
- Taste –sour or sweet
- Fruiting period- summer
- *“The Kesar variety of mango is relished for its unique sweet taste and is cultivated mainly in the states of Gujarat and Maharashtra. The puree processed by Tricom Fruits retains its natural golden saffron glow, its characteristic sweet taste & aroma and is uniformly free flowing.”*



Mango kishan bhog

- Scientific name-Mangifera sp
- Origin- India
- Growing zone – 9-11
- Health benefits- rich in anti-oxidants, which help in fighting cancer.
- Taste –sour or sweet

- Fruiting period- summer

"This is similar to alphanso mango but a bit riper with sweet and sour taste mainly found in kolkata."



Mango kolomb

- Scientific name-Mangifera sp
- Origin- India
- Growing zone – 9-11
- Health benefits- rich in anti-oxidants, which help in fighting cancer.
- Taste –sour or sweet
- Fruiting period- summer
- *“The flesh of the fruit has an orange to yellow colour and is sour or sweet when eaten. The fruits are round in shape and have a smooth skin that range from yellow-green.”*



Mango kottukonam

- Scientific name-Mangifera sp
- Origin- India
- Growing zone – 9-11
- Health benefits- rich in anti-oxidants, which help in fighting cancer.
- Taste –sour or sweet
- Fruiting period- summer
- *“The sweet, yellowish and fleshy mango with small seeds and less fibre will tickle your tongue by its very sight. With ruby color and an intense floral, sweet-tart flavor, the pomegranate delivers both taste and beauty.”*



Mango langra

- Scientific name-Mangifera sp
- Origin- India
- Growing zone – 9-11
- Health benefits- rich in anti-oxidants, which help in fighting cancer.
- Taste –sour or sweet
- Fruiting period- summer
- *“The Langra mango remains green in color when ripe- the most it changes to is a mild yellow. The fruit pulp is yellowish in color and the complex sweet aroma and flavor of the nectar is a pure delight.”*



Mango Malagova

- Scientific name-Mangifera sp
- Origin- India
- Growing zone – 9-11
- Health benefits- rich in anti-oxidants, which help in fighting cancer.
- Taste –sour or sweet
- Fruiting period- summer
- *“A favourite fruit that all South Indians love to have, Malgova Mango is considered to be the tastiest fruit in India. It is delectably sweet with a slightly tart flavour.”*



Mango Mallika G 100

- Scientific name-Mangifera sp
- Origin- India
- Growing zone – 9-11
- Health benefits- rich in anti-oxidants, which help in fighting cancer.
- Taste –sour or sweet
- Fruiting period- summer
- *“Mallika is a semi-dwarf variety that is native to India. It has an excellent shape and is a prolific producer of superior quality fiberless mangos.”*



Mango mancurad

- Scientific name-Mangifera sp
- Origin- India
- Growing zone – 9-11
- Health benefits- rich in anti-oxidants, which help in fighting cancer.
- Taste –sour or sweet
- Fruiting period- summer
- *“The **taste** of these **mangoes** are much different from other **mangoes**. It completely lacks fibres and has a good aroma. It has a delicious, but a complex **taste**. It **tastes** like a combination of honey and caramel, that is tempered with allspice and cinnamon.”*



Mango moovandan

- Scientific name-Mangifera sp
- Origin- India
- Growing zone – 9-11
- Health benefits- rich in anti-oxidants, which help in fighting cancer.
- Taste –sour or sweet
- Fruiting period- summer
- *Yet another common mango of Kerala, Moovandan is deeply linked with Kerala culture too. It takes only three years for its tree to blossom. That's why this mango variety got this name ('Moonnu' means three and 'Aand' means year)*



Mango Mundappa

- Scientific name-Mangifera sp
- Origin- India
- Growing zone – 9-11
- Health benefits- rich in anti-oxidants, which help in fighting cancer.

- Taste –sour or sweet
- Fruiting period- summer

"Mango mundappa has sweet-smelling and great taste."



Mango neelam

- Scientific name-Mangifera sp
- Origin- India
- Growing zone – 9-11
- Health benefits- rich in anti-oxidants, which help in fighting cancer.
- Taste –sour or sweet

- Fruiting period- summer

“Characteristic prominent aroma of natural ripe Neelam Mango and free from any fermented & offensive flavor. Particularly free from scorched or caramelized flavor. Characteristic typical acidic sweet taste of natural ripe Neelam Mango.”



Mango pairi

- Scientific name-Mangifera sp
- Origin- India
- Growing zone – 9-11
- Health benefits- rich in anti-oxidants, which help in fighting cancer.
- Taste –sour or sweet
- Fruiting period- summer
- *“Mango Pairi tastes like pure honey with a blend of sweetness and sourness. The pulp is fibrous and juicy. The skin is yellowish green with a reddish tinge.”*



Mango priyoor

- Scientific name-Mangifera sp
- Origin- India
- Growing zone – 9-11
- Health benefits- rich in anti-oxidants, which help in fighting cancer.
- Taste –sour or sweet
- Fruiting period- summer
- *“This is known to be one of the 'premium' variety of mangoes in Kerala and is often exported to its neighbouring south Indian states. Known to be more fibrous and juicy, this variety of mango hits the stores quite early in the season.”*



Mango raspuri

- Scientific name-Mangifera sp
- Origin- India
- Growing zone – 9-11
- Health benefits- rich in anti-oxidants, which help in fighting cancer.
- Taste –sour or sweet
- Fruiting period- summer
- *Raspuri mangoes are oval in shape and about 4 to 6 inches long. The skin of the ripe fruit is reddish yellow in colour, but is inedible. The mango has a warm sweet taste, is sometimes pleasantly tart, and has rich aromatic flavour.*



Mango rataul

- Scientific name-Mangifera sp
- Origin- India
- Growing zone – 9-11
- Health benefits- rich in anti-oxidants, which help in fighting cancer.
- Taste –sour or sweet
- Fruiting period- summer
- *“ Rataul is a small, yellow variety of mango known for its sweetness and fibreless . It is sometimes called the 'mini powerhouse'. It is cultivated in the Punjab and Sindh regions of Pakistan”*



Mango Rumani mango

- Scientific name-Mangifera sp
- Origin- India
- Growing zone – 9-11
- Health benefits- rich in anti-oxidants, which help in fighting cancer.
- Taste –sour or sweet
- Fruiting period- summer
- *“Rumani mangoes has an excellent flavor and is juicy in texture. They are also known as ice-cream mangoes or apple mangoes.”*



Mango sadabahar

- Scientific name-Mangifera sp
- Origin- India
- Growing zone – 9-11
- Health benefits- rich in anti-oxidants, which help in fighting cancer.
- Taste –sour or sweet
- Fruiting period- summer
- *“Sadabahar' mango variety as the name suggests a regular and continuous fruit bearing variety. ... The fruits are sweeter in taste and it is developed as a dwarf variety which is suitable for kitchen gardening.”*



Mango safeda

- Scientific name-Mangifera sp
- Origin- India
- Growing zone – 9-11
- Health benefits- rich in anti-oxidants, which help in fighting cancer.
- Taste –sour or sweet
- Fruiting period- summer
- *“Safeda Mangoes has a very beautiful yellow colour , sweet in taste and fibreless. It is round in Shape and is called safeda due to its pale colour.”*



Mango saroli

- Scientific name-Mangifera sp
- Origin- India
- Growing zone – 9-11
- Health benefits- rich in anti-oxidants, which help in fighting cancer.
- Taste –sour or sweet
- Fruiting period- summer
- *“A popular variety in North India and Pakistan. It's one of the first mangoes to appear during the season. Sweet Bombay green mangos are packed with flavor.”*



Mango suprabath

- Scientific name-Mangifera sp
- Origin- India
- Growing zone – 9-11
- Health benefits- rich in anti-oxidants, which help in fighting cancer.
- Taste –sour or sweet
- Fruiting period- summer
- *“A favourite fruit that all South Indians love to have, Malgova Mango is considered to be the tastiest fruit in India. It is delectably sweet with a slightly tart flavour.”*



Mango Totapuri G 100

- Scientific name-Mangifera sp
- Origin- India
- Growing zone – 9-11
- Health benefits- rich in anti-oxidants, which help in fighting cancer.
- Taste –sour or sweet
- Fruiting period-summer – summer end
- *“Totapuri Mango Skin lacks the usual Bitter taste of Most Mango skins or has a very slight bitterness and is consumed with the flesh traditionally.”*



Mango vanraj

- Scientific name-Mangifera sp
- Origin- India
- Growing zone – 9-11
- Health benefits- rich in anti-oxidants, which help in fighting cancer.
- Taste –sour or sweet
- Fruiting period-summer – summer end
- *“ It has purple skin and brilliant yellow flesh, with a flavour profile that is between sweet and sour.”*



Mangosteen(Lucus)

- Scientific name- *Garcinia mangostana*
- Origin- Malaysia
- Growing zone- 11-12
- Health benefits-Promote Weight Loss, May Have Anti-Inflammatory Properties, Supports Blood Sugar Control
- Taste – sweet
- Fruit – March to November.

“Mangosteen has been described as a delicious mix of lychee, peach, strawberry, and pineapple. The mangosteen has a hard, purple skin and very flavoursome flesh. The flesh is white, sweet and juicy. The refreshing, sweet taste is reminiscent of banana or peach.”



Manila tamarind

- Scientific name-Pithecellobium dulce
- Origin-Central American
- Growing zone – 10-12
- Health benefits-Manages toothaches, sore gums and mouth ulcers
- Taste –sweet, musky
- Fruiting period- dry season
- *“All possess a sweet, musky acidic taste that resembles desiccated coconut meat. Some people detect astringent and metallic notes.”*



Marang

- Scientific name-Artocarpus odoratissimu
- Origin-Borneo, Palawan
- Growing zone – 10
- Health benefits-Prevents cancer, Controls Diabetes
- Taste – flavour similar to both jackfruit and cempedak
- Fruiting period- dry season
- *“As indicated by the scientific name, the fruit has a strong scent, and is considered superior in flavour to both jackfruit and cempedak. The scent reminds some of the durian but is not so intense, and is in the thick skin and not the fruit pulp.”*



Maprang

- Scientific name-Bouea macrophylla
- Origin- north Sumatra
- Growing zone – 10
- Health benefits- support for weight loss, brain function, vision, lung function
- Taste – cross between a plum with a mango
- Fruiting period- dry season

“Bouea Macrophylla: tropical fruit which is a cross between a plum with a mango set to go on sale in UK. It is described as firmer than that of a plum, and a sweet taste similar to that of an Alphonso mango but with a softer texture.”



Marula

- **Scientific name-** Sclerocarya birrea
- **Origin-** South Africa
- **Growing zone** – 10-12
- **Health benefits-** high in antioxidants , essential fatty acids, and amino acids
- **Taste** – sweet-and-sour
- **Fruiting period-** spring-early summer
- “The Marula fruit is very juicy and aromatic and is the size of a small plum. It may be eaten fresh and the flesh has an extremely high vitamin C content. It may also be cooked to produce jam, juices and alcoholic beverages.”



Matoa yellow Gaint

- Scientific name-Pometia pinnata
- Origin-South Asia
- Growing zone – 9-11
- Health benefits-support for Immune System, Viral Infection, Male and Female Fertility, Endurance
- Taste – sweet

- Fruiting period- rainy season

“The flavor of matoa fruit is like the mixture of rambutan, lychee and longan fruit.”



Matoa large

- Scientific name-Pometia pinnata
- Origin-South Asia
- Growing zone – 9-11
- Health benefits-support for Immune System, Viral Infection, Male and Female Fertility, Endurance
- Taste – sweet

- Fruiting period- rainy season

“The flavor of matoa fruit is like the mixture of rambutan, lychee and longan fruit.”



Matoa purple

- Scientific name-Pometia pinnata
- Origin-South Asia
- Growing zone – 9-11
- Health benefits-support for Immune System, Viral Infection, Male and Female Fertility, Endurance
- Taste – sweet

- Fruiting period- rainy season

“The flavor of matoa fruit is like the mixture of rambutan, lychee and longan fruit.”



Matoa rainbow

- Scientific name-Pometia pinnata
- Origin-South Asia
- Growing zone – 9-11
- Health benefits-support for Immune System, Viral Infection, Male and Female Fertility, Endurance
- Taste – sweet

- Fruiting period- rainy season

“The flavor of matoa fruit is like the mixture of rambutan, lychee and longan fruit.”



Matoa Soft skin

- Scientific name-Pometia pinnata
- Origin-South Asia
- Growing zone – 9-11
- Health benefits-support for Immune System, Viral Infection, Male and Female Fertility, Endurance
- Taste – sweet

- Fruiting period- rainy season

“The flavor of matoa fruit is like the mixture of rambutan, lychee and longan fruit.”



Mentawa

- Scientific name-Artocarpus anisophyllus
- Origin-Peninsular Malaysia
- Growing zone – 10-11
- Health benefits-Contains vitamins, antioxidants, and fiber. Entawak seeds are high in riboflavin and thiamin
- Taste –pumpkin in flavor

- Fruiting period- summer

“Artocarpus anisophyllus, the entawak or mentawa, is a round, 3-4", brown yellow fruit. The Entawak's flesh is orange-red and may taste like a pumpkin in flavor, while it also has edible seeds which are commonly roasted, salted and eaten.”



Miracle fruit

- Scientific name-Synsepalum dulcificum
- Origin-West Africa
- Growing zone – 10
- Health benefits- to enhance palatability and reverse “metal-mouth” in patients undergoing cancer chemotherapy

- Taste – sweet
- Fruiting period- early spring to summer

“When the fleshy part of the fruit is eaten, this molecule binds to the tongue's taste buds, causing sour foods to taste sweet.”



Miracle large type

- Scientific name-Synsepalum dulcificum
- Origin-West Africa
- Growing zone – 10
- Health benefits- to enhance palatability and reverse “metal-mouth” in patients undergoing cancer chemotherapy

- Taste – sweet
- Fruiting period- early spring to summer

“When the fleshy part of the fruit is eaten, this molecule binds to the tongue's taste buds, causing sour foods to taste sweet.”



Monkey apple

- Scientific name-*Annona glabra*
- Origin-United States
- Growing zone – 10-11
- Health benefits- Seeds are crushed and cooked in coconut oil and applied to hair to get rid of lice
- Taste –reminiscent of ripe Honeydew melon
- Fruiting period- rainy season

“The fruit is edible for humans and its taste is reminiscent of ripe Honeydew melon. It can be made into jam, and it is a popular ingredient of fresh fruit drinks in Maldives.”



Monkey Fruits(Hebbelasu)

- Scientific name-Artocarpus lacucha
- Origin- Thailand
- Growing zone – 11
- Health benefits-anti-inflammatory, antiviral, anticancer and anti-HIV properties
- Taste – sweet, sour, tangy taste

- Fruiting period- April-June

“Lakoocha has a distinctive flavor that's not found in any other fruit, they are a mixture of sweet, sour, tangy taste with citrusy overtones that resembles kiwi. This pleasant and unusual flavor cannot be expected in other Artocarpus members like durian and cempedak.”



Mooty normal (*Baccaurea courtallensis*)

- Scientific name-*Baccaurea Courtallensis*
- Origin- India
- Growing zone – 4-8
- Health benefits- The bark of the plant is used as a tonic in disorders of mucous membrane and to heal wounds
- Taste – sour

- Fruiting period- February and March

“These are about 2.5 cm in diameter and are sour to taste. Elephants, tortoises and the lion-tailed Macaques feed on the fleshy fruits.”



Mooty sweet (*Baccaurea courtallensis*)

- Scientific name-*Baccaurea Courtallensis*
- Origin- India
- Growing zone – 4-8
- Health benefits- The bark of the plant is used as a tonic in disorders of mucous membrane and to heal wounds
- Taste – sweet

- Fruiting period- February and March

“These are about 2.5 cm in diameter and are sweet to taste. Elephants, tortoises and the lion-tailed Macaques feed on the fleshy fruits.”



Mulberry(long)

- Scientific name- Morus alba
- Origin- china, japan
- Growing zone- 4-8
- Health benefits-help prevent fatty liver disease, and improve blood sugar control
- Taste - sweet and tart

- Fruiting month - May to August

"Mulberries have a sweet and delicious taste, are packed with nutrients, and have a range of potential health benefits which are all important for building a healthy diet."



Mulberry (red)

- Scientific name- *Morus rubra*
- Origin- North America
- Growing zone- 4-8
- Health benefits-help prevent fatty liver disease, and improve blood sugar control
- Taste - sweet and tart

- Fruiting month - May to August

"Mulberries have a sweet and delicious taste, are packed with nutrients, and have a range of potential health benefits which are all important for building a healthy diet."



Mulberry (pakistan)

- Scientific name-Morus alba x rubra
- Origin- pakistan
- Growing zone – 7-9
- Health benefits- help prevent fatty liver disease, and improve blood sugar control
- Taste – sweet

- Fruiting period- May to August

"It is sweet but bland, unlike the more intense flavor of the red mulberry and black mulberry. The seeds are widely dispersed in the droppings of birds that eat the fruit."



Mulberry (white)

- Scientific name-Morus alba
- Origin-China
- Growing zone – 3-9
- Health benefits- used for the treatment of dizziness, insomnia, premature aging
- Taste –mild honey-like flavor.
- Fruiting period- May to August
- *“They are a small variety, just a few centimeters long, and far sweeter than the black and red mulberries. They have a low acidity and a mild honey-like flavor.”*



Mulbery(yellow)

- Scientific name-Myrianthus arboreus
- Origin-Central Africa
- Growing zone – 10
- Health benefits-used in the treatment of dysentery, diarrhoea, wounds, boils
- Taste – sweet & sour

- Fruiting period- dry season

“The pulp, which is quite juicy, is delicious having a pleasant sweet and sour taste. The kernel inside the seed is also edible and fondly eaten.”



musambi

- Scientific name- Citrus limetta
- Origin- Iran
- Growing zone- 9-10
- Health benefits- Prevent Kidney Stones, Protect Against Anemia, Reduce Cancer Risk.
- Taste –sweet
- Fruiting period- July-September and November-January.
- *"Its relatively smooth skin is yellow with a pale green tint, developing an orange hue when fully ripe. The thin rind is rich with aromatic oils, and the juicy flesh has minimal seeds and is nearly acid-less. The flavour is extremely mild, with sweet floral notes of lemongrass."*



Musambi varigated

- Scientific name- Citrus limetta
- Origin- Iran
- Growing zone- 9-10
- Health benefits-Prevent Kidney Stones, Protect Against Anemia, Reduce Cancer Risk.
- Taste –sweet
- Fruiting period- July-September and November-January.
- *“Mosambi variegata leaves and fruit comes in double shades and tastes generally sweet, looks very much like a lemon with a greenish hue and is about the size of a tennis ball.”*



Mombin yellow

- Scientific name-Spondias mombin
- Origin- America
- Growing zone – 4-11
- Health benefits- remedy for diarrhea, dysentery, haemorrhoids
- Taste –July to September
- Fruiting period-July-September and November-January.
- *“long, ovoid yellow, acid, wrinkled when dry. The fruits have a sharp, somewhat acid taste and are edible.”*



Nance (red)

- Scientific name-*Byrsonima crassifolia*
- Origin-southern Mexico
- Growing zone – 9
- Health benefits- support for Antidote, Astringent, Antioxidant and Anti-inflammatory properties.
- Taste – similar to green or kalamata olive
- Fruiting period- July – October
- *“The fruits have a very pungent and distinct flavor and smell. When jarred, the texture resembles that of a green or kalamata olive.”*



Nance(yellow)

- Scientific name-*Byrsonima crassifolia*
- Origin-southern Mexico
- Growing zone – 9
- Health benefits- support for Antidote, Astringent, Antioxidant and Anti-inflammatory properties.
- Taste – similar to green or kalamata olive
- Fruiting period- July – October
- *“The fruits have a very pungent and distinct flavor and smell. When jarred, the texture resembles that of a green or kalamata olive.”*



noni

- Scientific name- *Morinda citrifolia*
- Origin- Asia, Australia
- Growing zone- 10-12
- Health benefits-to reduce total cholesterol, painful inflammation and swelling, to treat diabetes
- Taste –bitter
- Fruiting period – spring
- *“Fresh noni fruit has a tart, sour flavour with a fetid undertone. It tastes like smelly ripened cheese such as Munster and shares similar flavour notes to fish sauce. The noni flesh provides a tingling, numbing aftertaste that is similar to the sensation of eating unripe pineapple.”*



Num Num

- Scientific name- *Carissa macrocarpa*
- Origin- Southern Africa
- Growing zone – 10
- Health benefits- to reduce aging, boost the immune system and lung health
- Taste – sweet & sour
- Fruiting period- may – September

"At first bite, the ripe fruit's tender skin gives way to a juicy, tart, sourish-sweet, somewhat-grainy flesh. Some liken the taste to a cranberry's with overtones of apple and strawberry."



Num Num variegated

- Scientific name- *Carissa macrocarpa*
- Origin- Southern Africa
- Growing zone – 10
- Health benefits- to reduce aging, boost the immune system and lung health
- Taste – sweet & sour

- Fruiting period- may – September

"At first bite, the ripe fruit's tender skin gives way to a juicy, tart, sourish-sweet, somewhat-grainy flesh. Some liken the taste to a cranberry's with overtones of apple and strawberry."



Olive european

- Scientific name-Olea europaea
- Origin- Africa
- Growing zone – 8-10
- Health benefits-reduces cardiovascular risk, lowers blood pressure
- Taste – bitter

- Fruiting period- summer

“Raw olives are incredibly bitter, so once harvested they are cured and then usually preserved in salt or brine.”



Olive israel variety

- Scientific name-Olea europaea
- Origin- Isrel
- Growing zone – 8-10
- Health benefits-reduces cardiovascular risk, lowers blood pressure
- Taste – bitter

- Fruiting period- summer

“Raw olives are incredibly bitter, so once harvested they are cured and then usually preserved in salt or brine.”



Olosapo

- Scientific name-Couepia polyandra
- Origin-southern Mexico
- Growing zone – 9
- Health benefits- NA
- Taste – sweet
- Fruiting period- spring , summer

“The flesh is fibrous, semi-dry, and egg yolk-like in consistency. It has a mild, sweet flavor similar to canistel when ripe but has a very astringent flavor when unripe.”



Orange (Table orange)

- Scientific name-Citrus sinensis
- Origin- china
- Growing zone – 9-10
- Health benefits-Good Source of Fiber , Low in Calories
- Taste – sweet
- Fruiting period- July to September

“They have a sweet-acid flavor and are juicier than navel oranges.”



Orange (Bush variety)

- Scientific name-Citrus sinensis
- Origin- china
- Growing zone – 9-10
- Health benefits-Good Source of Fiber , Low in Calories
- Taste – sweet
- Fruiting period- July to September

“They have a sweet-acid flavor and are juicier than navel oranges and found in clusters.”



Orange berry

- Scientific name-Glycosmis pentaphylla
- Origin- Southeast Asia
- Growing zone – 11
- Health benefits- used against diseases like bilious complaints, cough, worms, jaundice, fever
- Taste – gin like flavor
- Fruiting period- august – September
- *“A relatively obscure member of the Citrus family bearing small, translucent pink fruits with juicy flesh and a sort of spicy, gin-like flavor.”*



Orange(coorg)

- Scientific name-Citrus reticulata
- Origin-Asia
- Growing zone – 9
- Health benefits- Rich in antioxidants, Powers your immune system
- Taste – sweet
- Fruiting period- July to September
- *“Greenish-yellow in colour, they have a tight skin and a sweet-sour taste, unlike Nagpur oranges which are known to have loose skin and sweet taste.”*

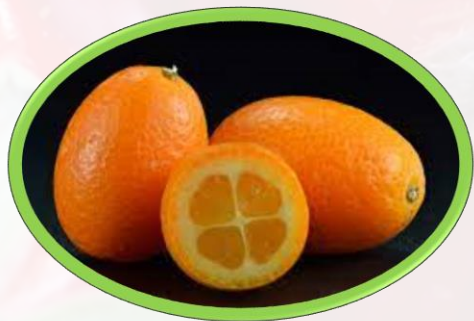


kumquat

- Scientific name- Citrus japonica
- Origin- Asia
- Growing zone – 9-10
- Health benefits- cholesterol-free and low in fat and sodium
- Taste -sweet-tart like other citrus fruits

- Fruiting period- spring

“The kumquat's flavour is distinctly citrusy. While the fruit is slightly sweet, the overwhelming flavour is sour and tangy. The kumquat's peel is surprisingly appetizing. In fact, the peel is the sweetest part of the fruit.”



Orange (Kinnow)

- Scientific name-Citrus reticulata
- Origin-Asia
- Growing zone – 9
- Health benefits- Rich in antioxidants, Powers your immune system
- Taste – sweet

- Fruiting period- July to September

“Kinnow is juicier than orange and has more sour taste; while oranges are known to be sweet in their taste.”



Orange(Nagpur)

- Scientific name-Citrus reticulata
- Origin-Asia
- Growing zone – 9
- Health benefits- Rich in antioxidants, Powers your immune system
- Taste – sweet

- Fruiting period- July to September

"Citrus Nagpur, is characterized by unique sweet-sour flavour and has an aroma that is matchless."



Orange(varigated)

- Scientific name- Citrus sinensis
- Origin-Asia
- Growing zone – 9
- Health benefits- Rich in antioxidants, Powers your immune system
- Taste – sweet

- Fruiting period- July to September

“Fresh in for the new season and looking fabulous with a neater shape that pictured and several baby fruits starting to ripen.”



Orange blood red

- Scientific name-Citrus sinensis
- Origin- Southern Mediterranean
- Growing zone- 9-10
- Health benefits- powerful antioxidant know as lycopene, which helps give them their gorgeous hue.
- Taste - traditional orange flavour with floral and berry-

like notes

“Blood oranges, with a deep red flesh and a rind with a bright red blush. The flavor is stronger and the aroma is more intense than a normal orange. This fruit has a distinct, sweet flavor with a hint of raspberry.”



Papaya(yellow)

- Scientific name-Carica papaya
 - Origin-Central America
 - Growing zone – 10-12
 - Health benefits- Has Powerful Antioxidant Effects, Has Anticancer Properties
 - Taste – sweet
 - Fruiting period-June-September
- "Its taste is more like a dry sweet flavor, having a soft texture."*



seedless papaya

- Scientific name - *Carica papaya*
- Origin- America
- Growing zone- 9-10
- Health benefits- may reduce the risk of heart disease
- Taste – sweet
- Fruiting period-June-September
- A ripe *papaya* will be sweet and has a *taste* similar to a melon or mango. The sweet flesh will melt in your mouth and has a buttery feel.



passion fruit purple

- **Scientific name-** Passiflora edulis
 - **Origin-** brazil
 - **Growing zone-** 10-12
 - **Health benefits** -contains high levels of vitamin A, which is important for skin, vision, and the immune system
 - **Taste** - sweet with a sour kick
 - **Fruiting period** – summer end, spring
- “Fruity! And tart! They also have a strong and characteristic perfume. You can absolutely eat them raw by themselves if you don't mind the tartness. The seeds are crunchy and edible.”



Passion fruit (yellow)

- Scientific name-Passiflora ligularis
- Origin-South America
- Growing zone -8-9
- Health benefits-Provides key nutrients, Rich in antioxidants ,
Good source of fiber.
- Taste – sweet
- Fruiting period- summer end ,spring
- *“The pulp is the edible part of the fruit and has a soft sweet taste. It is very aromatic and contains vitamins A, C, and K, phosphorus, iron, and calcium.”*



peach

- Scientific name-Prunus persica
- Origin- china
- Growing zone – 5-9
- Health benefits-Packed With Nutrients and Antioxidants, May Improve Heart Health
- Taste – sweet
- Fruiting period- spring

“Peaches are sweet, redolent and low-calorie fruits. Eat a ripe peach from organic farming every day and you will feel beautiful. Peaches, rich in aromatic essences, are probably the fruit in which taste has been affected the most due to unethical modern farming techniques.”



peanut butter

- Scientific name-Bunchosia glandulifera
- Origin-Central America
- Growing zone – 10
- Health benefits-provides greater longevity, stamina, and mental clarity.
- Taste – similar to peanut butter

- Fruiting period- may

"It produces small orange-red fruits of sticky and dense pulp, with a flavour and aroma resembling that of peanut butter."



Pear fruit

- Scientific name-*Pyrus pyrifolia*
- Origin- central China
- Growing zone – 5-9
- Health benefits- -helps the digestive system maintain a healthy level of good bacteria
- Taste – sweet

- Fruiting period- February – April

“Crunchy Gold apple pears are a special type of Asian pear they're bright yellow with a smooth texture and thin skin, like that of an apple.”



Pear guava(Krishnaloor)

- Origin- Florida
- Growing zone- 9-11
- Health benefits-Improves your hormonal function, Improves your immunity
- Taste – sweet
- Fruiting period - NA
- *“Pink pear guavas have a sweet musky fragrance that can only be described as seductive with tropical notes. However, it's best to quickly eat them within two days of getting ripe. Internally, the flesh is pink and the ripe fruits have rich flavour with sweet-tart taste.”*



pedalai

- Scientific name-Artocarpus sericicarpus
- Origin- northern Borneo
- Growing zone – 9
- Health benefits-
- Taste – sweet
- Fruiting period- July to August.

“When the globular fruits are ripe, the skins are bright orange, covered with hair. Pulp is white in color and tastes very sweet.”



pepino

- Scientific name- Solanum muricatum
- Origin- South America
- Growing zone- 8-11
- Health benefits-Reduces the risks of stress, hypertension
- Taste -mix of banana and pear, with a slightly bitter bite

- Fruiting month – wet season

“It has a flavour that is reminiscent of the cantaloupe and the honeydew, a texture that is as crisp as a pear, a name that translates as cucumber from Spanish and an orange flesh with small edible seeds that resemble the papaya”



persimmon

- Scientific name- Diospyros kaki
- Origin- china
- Growing zone – 8
- Health benefits- Excellent Source of Powerful Antioxidants, Support Healthy Vision.
- Taste – sweet

- Fruiting period- early winter

"In this type of kaki the tannin is always insoluble even when the fruit is still hard. This fruit will always taste sweet without any bitterness in the hard or soft stage."



Perupok

- Scientific name- *Lepisanthes alata*
- Origin-Malaysia
- Growing zone – 9-10
- Health benefits- rich in phenolic antioxidants of diverse chemical structures and health promotion effects
- Taste – sweet
- Fruiting period- does not have a specific fruiting season
“Dark red fruits in bunches quite like red grapes and with a pleasant sweet taste. Also a very attractive and locally popular landscaping tree.”



phalsa

- Scientific name- *Grewia asiatica*
- Origin- India
- Growing zone- 9- 11
- Health benefits-Regulates Electrolyte Imbalance,Regulates Electrolyte Imbalance, Relieves Joint Pain
- Taste- sweet and sour
- Fruiting period- June

"The phalsa fruit has very little to chew on. The purple fruit—around a centimetre in diameter—is sweet and sour, and has only a thin layer of greenish white pulp over its seed"



Pineapple guava

- Scientific name-Feijoa sellowiana
- Origin-southern Brazil
- Growing zone – 8-11
- Health benefits- found to reduce inflammation and blood clotting
- Taste –pleasantly sweet

- Fruiting period- April – June

"Feijoas taste like taking the best elements of strawberry, guava and pineapple and mixing them together. They smell pleasantly sweet and flowery."



Pineapple Washington

- Scientific name-Ananas comosus
- Origin- South America
- Growing zone – 11-12
- Health benefits- Contains Disease-Fighting Antioxidants, May Help Reduce the Risk of Cancer
- Taste – sweet

- Fruiting period- April to May

"Pineapple is a tropical fruit that is highly relished for its unique aroma and sweet taste. It is renowned as a flavourful fruit since it contains a number of volatile compounds in small amounts and complex mixtures."



Pitomba

- Scientific name-Eugenia luschnathiana
- Origin-Brazil
- Growing zone – 9-11
- Health benefits- used to decrease blood pressure and prevent heartburn, bronchitis
- Taste – sweet

- Fruiting period- May to June

"This has a thin, tender skin, and a soft, juicy, golden-yellow pulp. It is aromatic, slightly acid and faintly resinous in flavor. The fruit is used for jellies, preserves and carbonated beverages."



Pistachio

- Scientific name-Pistacia vera
- Origin- Iran
- Growing zone – 7-11
- Health benefits- contain healthy fats and are a good source of protein, fiber, and antioxidants.
- Taste – citrus aroma with acidic taste
- Fruiting period- spring

“The edible skin has a citrus aroma with an acidic taste. This skin surrounds a hard, inedible shell, which contains the raw pistachio seed; light green in coloring with a mild pistachio flavor.”



Pitangatuba

- Scientific name- *Eugenia neonitida*
- Origin- Rio de Janeiro
- Growing zone- 10-11
- Health benefits- promotes white blood cells
- Taste - sweet sour
- Fruiting period- spring and summer

"When the pitangatuba is ripe, the skin is yellowish, its fragrance intense, its flavour sweet-sour, with juicy, loose flesh that detaches easily from the stone; its intense perfume is characteristic of other fruit from the same family."



Plum (black amber)

- Scientific name- Prunus salicina
- Origin- China
- Growing zone – 5-9
- Health benefits- Increase energy, Purifying blood
- Taste – sweet
- Fruiting period- autumn

“Produces medium to large, round to conical clingstone fruit with purple-red skin. The juicy red flesh has a sweet, mild flavor--ideal for fresh eating and jelly.”



plum Blue

- Scientific name- Prunus domestica
- Origin- Europe
- Growing zone – 5-7
- Health benefits- They May Help Lower Your Blood Sugar, Prunes and Prune Juice May Relieve Constipation
- Taste – September
- Fruiting period- July to November.

“The plums are oval to rounded, rich blue outside and yellow inside, very juicy, sweet, and aromatic, and free-stone.”



Plum santa rosa

- Scientific name- Prunus salicina
- Origin- China
- Growing zone – 5-9
- Health benefits- Increase energy, Purifying blood
- Taste – sweet
- Fruiting period- autumn

“Produces medium to large, round to conical clingstone fruit with purple-red skin. The juicy red flesh has a sweet, mild flavor-ideal for fresh eating and jelly.”



pomelo red (devanahalli)

- Scientific name- Citrus maxima
- Origin- Asia
- Growing zone- 8-10
- Health benefits-help boost the immune system
- Taste – sweet
- Fruiting period- September-February

“With its high level of sweetness, the buntan tastes most similar to an orange. Besides being umami-rich, it also has mild bitterness and low in acidity. Eat a large and firm slice on its own.”



Pomelo kolkata

- Scientific name- Citrus maxima
- Origin- Asia
- Growing zone- 8-10
- Health benefits-help boost the immune system
- Taste – sweet
- Fruiting period- September-February

"The flavor of a pomelo is very much like the grapefruit, but much milder. Pomelos are sweeter and don't carry that tangy, bitterness that can be associated with grapefruit."

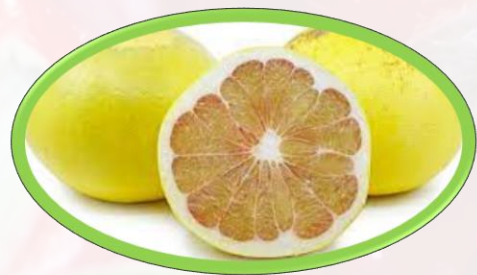


pomelo namroi Golden

- Scientific name- Citrus maxima
- Origin- Asia
- Growing zone- 8-10
- Health benefits-help boost the immune system
- Taste – sweet

- Fruiting period- September-February

“The flavor of a pomelo is very much like the grapefruit, but much milder. Pomelos are sweeter and don't carry that tangy, bitterness that can be associated with grapefruit.”



Pomegranate

- Scientific name- Punica granatum
- Origin-Iran
- Growing zone – 9
- Health benefits- Treatment for Cancer, Osteoarthritis and Other Diseases
- Taste –like black cherry candy
- Fruiting period-May to July.

"Its red skin peels back to reveal pale pink arils that taste like black cherry candy. Plump, large fruit ripens late, into November in some climates so best in areas with moderate fall weather."



Pomegranate Bhargava

- Scientific name- Punica granatum
- Origin-Iran
- Growing zone – 9
- Health benefits- Treatment for Cancer, Osteoarthritis and Other Diseases
- Taste –like black cherry candy

- Fruiting period-May to July.

"Its red skin peels back to reveal pale pink arils that taste like black cherry candy. Plump, large fruit ripens late, into November in some climates so best in areas with moderate fall weather."



Pulasan fruit

- Scientific name-Nephelium ramboutan-ake
- Origin- Malaysia
- Growing zone – 10
- Health benefits- The leaves and roots have been known to be used in poultices, as a vermifuge and to reduce fevers
- Taste – sweet

- Fruiting period- late spring and early summer.

“The succulent flesh of the ripe fruits is sweeter than that of the rambutan and is eaten raw or made into jam. Seeds may be boiled or roasted to prepare a cocoa-like beverage or even eaten by itself.”



Raspberry

- Scientific name- *Rubus idaeus*
- Origin-Europe
- Growing zone – 4-8
- Health benefits-low in calories but high in fiber, vitamins, minerals and antioxidants.
- Taste – sweet

- Fruiting period- midsummer

*"idaeus is an important food crop, though most modern commercial raspberry cultivars derive from hybrids between *R. idaeus* and *R. strigosus*. The fruits of wild plants have a sweet taste and are very aromatic."*



Red current

- Scientific name- *Ribes rubrum*
 - Origin-Europe
 - Growing zone – 4-8
 - Health benefits-low in calories but high in fiber, vitamins, minerals and antioxidants.
 - Taste – sweet
 - Fruiting period- midsummer
- “ About the size of a pencil eraser, these lush, gem-like berries taste like raspberries and rhubarb had a delicious baby: tart, but not too mouth-puckering to eat on their own..”



Rain forest plum

- Scientific name-Eugenia candolleana
- Origin-Brazil
- Growing zone – 10-11
- Health benefits-infusion of leaves has been used for the treatment of pain and fever
- Taste – sweet

- Fruiting period- summer

"It has a thin purple-black skin and a wet, firm, whitish pulp. It is edible, moderately sweet, with an aroma similar to that of the jabuticaba."



Rain forest plum (Purple)

- Scientific name-Eugenia candolleana
- Origin-Brazil
- Growing zone – 10-11
- Health benefits-infusion of leaves has been used for the treatment of pain and fever
- Taste – sweet

- Fruiting period- summer

“It has a thin purple-black skin and a wet, firm, whitish pulp. It is edible, moderately sweet, with an aroma similar to that of the jabuticaba.”



Rambutan

- Scientific name-Nephelium lappaceum
- Origin-Malaysian-Indonesian region
- Growing zone – 10
- Health benefits- rich in vitamin C, which is a potent antioxidant
- Taste – sweet

- Fruiting period- dry season

“Rambutan is often described as sweet and creamy, while the lychee fruit offers a crisper, slightly less sweet flavor. Longans are the least sweet of the three and are distinctively tart.”



Rambutan(binjai)

- Scientific name-Nephelium lappaceum
- Origin-Malaysian-Indonesian region
- Growing zone – 10
- Health benefits- rich in vitamin C, which is a potent antioxidant
- Taste – sweet

- Fruiting period- dry season

“Rambutan is often described as sweet and creamy, while the lychee fruit offers a crisper, slightly less sweet flavor. Longans are the least sweet of the three and are distinctively tart.”



Rambutan E 35

- Scientific name-Nephelium lappaceum
- Origin-Malaysian-Indonesian region
- Growing zone – 10
- Health benefits- rich in vitamin C, which is a potent antioxidant
- Taste – sweet

- Fruiting period- dry season

“Rambutan is often described as sweet and creamy, while the lychee fruit offers a crisper, slightly less sweet flavor. Longans are the least sweet of the three and are distinctively tart.”



Rambutan green

- Scientific name-Nephelium lappaceum
- Origin-Malaysian-Indonesian region
- Growing zone – 10
- Health benefits- rich in vitamin C, which is a potent antioxidant
- Taste – sweet

- Fruiting period- dry season

"Its flavor is similar to a grape, lychee or longan, although not as sweet. Peeling off the skin is simple, even though it is covered in soft spines."



Rambutan hybrid

- Scientific name-Nephelium lappaceum
- Origin-Malaysian-Indonesian region
- Growing zone – 10
- Health benefits- rich in vitamin C, which is a potent antioxidant
- Taste – sweet

- Fruiting period- dry season

"Its flavor is similar to a grape, lychee or longan, although not as sweet. Peeling off the skin is simple, even though it is covered in soft spines."



Rambutan (jarum emas)

- Scientific name-Nephelium lappaceum
- Origin-Malaysian-Indonesian region
- Growing zone – 10
- Health benefits- rich in vitamin C, which is a potent antioxidant
- Taste – sweet

- Fruiting period- dry season

"Its flavor is similar to a grape, lychee or longan, although not as sweet. Peeling off the skin is simple, even though it is covered in soft spines."



Rambutan(king)

- Scientific name-Nephelium lappaceum
- Origin-Malaysian-Indonesian region
- Growing zone – 10
- Health benefits- rich in vitamin C, which is a potent antioxidant
- Taste – sweet

- Fruiting period- dry season

"Its flavor is similar to a grape, lychee or longan, although not as sweet. Peeling off the skin is simple, even though it is covered in soft spines."



Rambutan (maharlika)

- Scientific name-Nephelium lappaceum
- Origin-Malaysian-Indonesian region
- Growing zone – 10
- Health benefits- rich in vitamin C, which is a potent antioxidant
- Taste – sweet
- Fruiting period- dry season

"Its flavor is similar to a grape, lychee or longan, although not as sweet. Peeling off the skin is simple, even though it is covered in soft spines."



Rambutan (malawana)

- Scientific name-Nephelium lappaceum
- Origin- Srilanka
- Growing zone – 10
- Health benefits- rich in vitamin C, which is a potent antioxidant
- Taste – sweet

- Fruiting period- dry season

"Its flavor is similar to a grape, lychee or longan, although not as sweet. Peeling off the skin is simple, even though it is covered in soft spines."



Rambutan (N18)

- Scientific name-Nephelium lappaceum
- Origin-Malaysian-Indonesian region
- Growing zone – 10
- Health benefits- rich in vitamin C, which is a potent antioxidant
- Taste – sweet

- Fruiting period- dry season

"Its flavor is similar to a grape, lychee or longan, although not as sweet. Peeling off the skin is simple, even though it is covered in soft spines."



Rambutan(rongreen)

- Scientific name-Nephelium lappaceum
- Origin-Malaysian-Indonesian region
- Growing zone – 10
- Health benefits- rich in vitamin C, which is a potent antioxidant
- Taste – sweet
- Fruiting period- dry season

"Its flavor is similar to a grape, lychee or longan, although not as sweet. Peeling off the skin is simple, even though it is covered in soft spines."



Rambutan(yellow)

- Scientific name-Nephelium lappaceum
- Origin-Malaysian-Indonesian region
- Growing zone – 10
- Health benefits- rich in vitamin C, which is a potent antioxidant
- Taste – sweet

- Fruiting period- dry season

"Its flavor is similar to a grape, lychee or longan, although not as sweet. Peeling off the skin is simple, even though it is covered in soft spines."



Red plum rainforest

- Scientific name- *Eugenia candolleana*
- Origin - brazil
- Growing zone- 10-11
- Health benefits- reduces heart disease,constipation,high blood pressure
- Taste- moderately sweet
- Fruiting period- summer

whitish, moderately sweet, with an aroma similar to that of the jaboticaba."

"Fruits round or slightly elongated berry, with thin purple-black skin, pulp wet, firm,



Rollinia deliciosa

- Scientific name- Rollinia deliciosa
- Origin- south America
- Growing zone- 10-11
- Health benefits- source of protein and carbohydrates, and contains important amino acids

- Taste – sweet
- Fruiting period- summer

"It is very sweet and creamy, and does have a refreshing, lemon-like flavour, but it also contains more nuanced tropical notes like banana, pineapple, and coconut."



Rollinia excusa

- Scientific name- Rollinia excusa
- Origin-Tropical America
- Growing zone – 10
- Health benefits- source of protein and carbohydrates
- Taste – sweet
- Fruiting period- summer

“The fruit pulp is very soft and sweet, tasting somewhat like a lemon meringue pie. It is generally eaten out of the hand, though some chefs have used it for cooking, and wine has been made out of it in Brazil.”



Rollinia mucosa

- Scientific name- Rollinia excusa
- Origin-Tropical America
- Growing zone – 10
- Health benefits- source of protein and carbohydrates
- Taste – sweet
- Fruiting period- summer

“The fruit pulp is very soft and sweet, tasting somewhat like a lemon meringue pie. It is generally eaten out of the hand, though some chefs have used it for cooking, and wine has been made out of it in Brazil.”



Rose apple bangkok

- Scientific name- *Syzygium samarangense*
- Origin- Taiwan
- Growing zone- 9
- Health benefits-Reduced Risk Of Stroke, Heals Muscle Cramps, Hydrates The Body
- Taste - sweet

"It is looks like a pear shaped fruit with waxy skin and crusty flesh related to the Malay apple. Fruit is regularly juicy, with a faint sweet taste similar to that of an apple, and it has neither the fragrance nor the density of an apple."



Rose apple cream

- Scientific name- *Syzygium jambos*
- Origin- Taiwan
- Growing zone- 9
- Health benefits-Reduced Risk Of Stroke, Heals Muscle Cramps, Hydrates The Body
- Taste – sweet

- Fruiting period-March and April

"A crisp, yellow long fruit with the smell and taste of rose water. The rose apple is occasionally cultivated in the tropics but is rarely available in markets."



Rose apple hybrid

- Scientific name- Syzygium jambos
- Origin- Taiwan
- Growing zone- 9
- Health benefits-Reduced Risk Of Stroke, Heals Muscle Cramps, Hydrates The Body
- Taste – sweet

- Fruiting period-March and April

"Rose apples are light and crunchy with an initially sweet, fruity flavor followed by floral notes of rose."



Rose apple Malaysian

- Scientific name- *Syzygium jambos*
- Origin- Malaysian
- Growing zone- 9
- Health benefits-Reduced Risk Of Stroke, Heals Muscle Cramps, Hydrates The Body
- Taste – sweet

- Fruiting period-March and April

"Rose apples are light and crunchy with an initially sweet, fruity flavor followed by floral notes of rose."



Rose apple New pink

- Scientific name- *Syzygium jambos*
 - Origin- Malaysian
 - Growing zone- 9
 - Health benefits-Reduced Risk Of Stroke, Heals Muscle Cramps, Hydrates The Body
 - Taste – sweet
 - Fruiting period-March and April
- “Rose apples are light and crunchy with an initially sweet, fruity flavor followed by floral notes of rose.”*



Rose apple Thailand red

- Scientific name- *Syzygium jambos*
- Origin- Malaysian
- Growing zone- 9
- Health benefits-Reduced Risk Of Stroke, Heals Muscle Cramps, Hydrates The Body
- Taste – sweet

- Fruiting period-March and April

"Rose apples are light and crunchy with an initially sweet, fruity flavor followed by floral notes of rose."



Rose apple white

- Scientific name- *Syzygium jambos*
- Origin- Malaysian
- Growing zone- 9
- Health benefits-Reduced Risk Of Stroke, Heals Muscle Cramps, Hydrates The Body
- Taste – sweet

- Fruiting period-March and April

"Rose apples are light and crunchy with an initially sweet, fruity flavor followed by floral notes of rose."



Rumduol

- Scientific name-Sphaerocoryne affinis
- Origin-Cambodia and Thailand.
- Growing zone – 11
- Health benefits- support for normal fetal development, beneficial for skin, boosts immunity.
- Taste – sweet
- Fruiting period- May to June



snake fruit Salak

- Scientific name-Salacca zalacca
- Origin-Indonesia
- Growing zone – 10
- Health benefits- tremendous antioxidant, anti-inflammatory, anticancer and antidiabetic potential
- Taste –sweet and acidic

- Fruiting period- monsoon

“The taste is usually sweet and acidic, with a strong astringent edge, but its apple-like texture can vary from very dry and crumbly (salak pondoh from Yogyakarta) to moist and crunchy (salak Bali).”



snake fruit Salak (red)

- Scientific name-Salacca zalacca
- Origin-Indonesia
- Growing zone – 10
- Health benefits- tremendous antioxidant, anti-inflammatory, anticancer and antidiabetic potential
- Taste –sweet and acidic

- Fruiting period- monsoon

“The taste is usually sweet and acidic, with a strong astringent edge, but its apple-like texture can vary from very dry and crumbly (salak pondoh from Yogyakarta) to moist and crunchy (salak Bali).”



Salam

- Scientific name-Syzygium polyanthum
- Origin-Indonesia
- Growing zone – 10
- Health benefits- raditionally to treat diarrhea, rheumatism, and diabetes
- Taste – sour
- Fruiting period- April – June

"It has a slightly sour taste. Fresh or dried leaves are added to meat, vegetable and rice dishes, such as curries and stews."



salacia fruticosa

- Scientific name-salacia fruticosa
- Origin- India, sri lanka
- Growing zone- 11-12
- Health benefits- treating diabetes, gonorrhoea, asthma, itchiness, joint pain
- Taste – sweet
- Fruiting period – February - may
- *"description unavailable"*



santol

- Scientific name- *Sandoricum koetjape*
- Origin- Asia
- Growing zone- 11
- Health benefits- helps move oxygen in the blood and fibre, which can help regulate digestion
- Taste -candy like taste with mild peach and apple notes
- Fruiting period- summer
- *Santol fruits range in flavour from sour to very sweet, depending on maturity and variety. The sweetest Santol fruits have a candy-like taste with mild peach and apple notes, while in the sour varieties, a strong umami aftertaste may linger on the palate.*



Sweet jumbo santol

- Scientific name- Sandoricum koetjape
 - Origin- Asia
 - Growing zone- 11
 - Health benefits- helps move oxygen in the blood and fibre, which can help regulate digestion
 - Taste – sweet
 - Fruiting period- summer
- *Santol fruits range in flavour from sour to very sweet, depending on maturity and variety. The sweetest Santol fruits have a candy-like taste with mild peach and apple notes, while in the sour varieties, a strong umami aftertaste may linger on the palate.*



Sapota(banana)

- Scientific name- Manilkara zapota
- Origin- southern Mexico
- Growing zone – 11
- Health benefits- great for skin health and has amazing moisturizing properties
- Taste –sweet

- Fruiting period- April-June

"The fruit has an exceptionally sweet, malty flavor. The unripe fruit is hard to the touch and contains high amounts of saponin, which has astringent properties similar to tannin, drying out the mouth."



Sapota (cricket ball)

- Scientific name- Manilkara zapota
- Origin- southern Mexico
- Growing zone – 11
- Health benefits- great for skin health and has amazing moisturizing properties
- Taste –sweet

- Fruiting period- April-June

“The fruit has an exceptionally sweet, malty flavor. The unripe fruit is hard to the touch and contains high amounts of saponin, which has astringent properties similar to tannin, drying out the mouth.”



Sapota (kalapatti)

- Scientific name- Manilkara zapota
- Origin- southern Mexico
- Growing zone – 11
- Health benefits- great for skin health and has amazing moisturizing properties
- Taste –sweet

- Fruiting period- April-June

"The fruit has an exceptionally sweet, malty flavor. The unripe fruit is hard to the touch and contains high amounts of saponin, which has astringent properties similar to tannin, drying out the mouth."



Sapota (large)

- Scientific name- Manilkara zapota
- Origin- southern Mexico
- Growing zone – 11
- Health benefits- great for skin health and has amazing moisturizing properties
- Taste –sweet
- Fruiting period- April-June

"The fruit has an exceptionally sweet, malty flavor. The unripe fruit is hard to the touch and contains high amounts of saponin, which has astringent properties similar to tannin, drying out the mouth."



Sapota (oval)

- Scientific name- Manilkara zapota
- Origin- southern Mexico
- Growing zone – 11
- Health benefits- great for skin health and has amazing moisturizing properties
- Taste –sweet

- Fruiting period- April-June

“The fruit has an exceptionally sweet, malty flavor. The unripe fruit is hard to the touch and contains high amounts of saponin, which has astringent properties similar to tannin, drying out the mouth.”



Sapota(red)

- Scientific name- Manilkara zapota
- Origin- southern Mexico
- Growing zone – 11
- Health benefits- great for skin health and has amazing moisturizing properties
- Taste –sweet

- Fruiting period- April-June

"The fruit has an exceptionally sweet, malty flavor. The unripe fruit is hard to the touch and contains high amounts of saponin, which has astringent properties similar to tannin, drying out the mouth."



Sapota (small)

- Scientific name- Manilkara zapota
- Origin- southern Mexico
- Growing zone – 11
- Health benefits- great for skin health and has amazing moisturizing properties
- Taste –sweet

- Fruiting period- April-June

"The fruit has an exceptionally sweet, malty flavor. The unripe fruit is hard to the touch and contains high amounts of saponin, which has astringent properties similar to tannin, drying out the mouth."



Sapota (white)

- Scientific name- Manilkara zapota
- Origin- southern Mexico
- Growing zone – 11
- Health benefits- great for skin health and has amazing moisturizing properties
- Taste –sweet
- Fruiting period- April-June
- The fruit has an exceptionally sweet malty **flavor**. Many believe the **flavor** bears a striking resemblance to caramel. The unripe fruit is hard to the touch and contains high amounts of saponin, which has astringent properties similar to tannin, drying out the mouth.



Seashore Mangosteen

- Scientific name-Garcinia celebica
- Origin-Asia
- Growing zone – 11
- Health benefits- NA
- Taste – sour
- Fruiting period-March -May.

“The fruits are green, yellow or red and contain seeds with an edible, yellowish aril that has an aromatic, sour taste and could be used in juices and jellies.”



Singapore cherry

- Scientific name-Muntingia calabura
 - Origin- Mexico
 - Growing zone – 8-11
 - Health benefits- taken to relieve headaches and colds
 - Taste – sweet
 - Fruiting period- dry season
- *“Also known as Jamaican Cherry, this fast grower produces an abundance of small red fruit with a sweet and unique flavor. The flowers resemble strawberry flowers and the fruit resembles little red cherries.”*



Shawii

- Scientific name-Lycium Shawii
- Origin- Africa
- Growing zone – 7
- Health benefits-used in traditional medicine to relieve constipation and as a diuretic
- Taste – sweet

- Fruiting period- autumn

"It produces small whitish-pink or purple flowers from September until April, and red pea-sized seedy berries that are edible."



Soncoya

- Scientific name-*Annona purpurea*
 - Origin- Mexico
 - Growing zone – 10-11
 - Health benefits- Treats common cold, Vasodilator activity, Treats cancer, Balance hormones, Skin health
 - Taste – mildly sweet
 - Fruiting period-July to September
- "It is deciduous with hairy leaves and large, strong-scented flowers. The fruits are mildly sweet."*



sour plum

- Scientific name-Ximenia caffra
- Origin-South East Africa
- Growing zone – 10
- Health benefits- has anti-ageing **effects** and is appreciated for its moisturizing properties.
- Taste – sour
- Fruiting period- August to October

"The flowers are small, sweet-scented and creamy-green and borne from August to October in single-stem clusters in the axils of the spines or on the dwarf branchlets."



Spanish lime

- Scientific name-Melicoccus bijugatus
- Origin-America
- Growing zone – 9-12
- Health benefits- many nutrients and possesses various health benefits.
- Taste –tangy and a little sweet

- Fruiting period- June - September.

“The taste is sweetly acidic and it's usually compared to a cross between a lychee and a lime. Sweet varieties are eaten out of hand and without any condiments, while sour varieties are eaten with salt and chili powder.”



star apple African

- Scientific name-*Chrysophyllum albidum*
- Origin-Ghana
- Growing zone – 10-11
- Health benefits- antioxidant, anti-diabetes, anti-plasmodial, anti-microbial and among other
- Taste – sweet or sour

- Fruiting period- dry season

“The fleshy pulp of the fruits is widely eaten by the local populations. The pulp can taste either very sweet or sour. Locally, the variation of the fruit exocarp color is said to be correlated with the pulp taste.”



star apple Jamaican (white)

- Scientific name-*Chrysophyllum cainito*
- Origin-Ghana
- Growing zone – 10-11
- Health benefits- antioxidant, anti-diabetes, anti-plasmodial, anti-microbial and among other

- Taste – sweet or sour
- Fruiting period- dry season

“The fleshy pulp of the fruits is widely eaten by the local populations. The pulp can taste either very sweet or sour. Locally, the variation of the fruit exocarp color is said to be correlated with the pulp taste.”



star apple Jamaican (purple)

- Scientific name-*Chrysophyllum cainito*
- Origin-Ghana
- Growing zone – 10-11
- Health benefits- antioxidant, anti-diabetes, anti-plasmodial, anti-microbial and among other
- Taste – sweet or sour

- Fruiting period- dry season

“The fleshy pulp of the fruits is widely eaten by the local populations. The pulp can taste either very sweet or sour. Locally, the variation of the fruit exocarp color is said to be correlated with the pulp taste.”



star apple white african

- Scientific name-Chrysophyllum albidum
- Origin-Ghana
- Growing zone – 10-11
- Health benefits- antioxidant, anti-diabetes, anti-plasmodial, anti-microbial and among other
- Taste – sweet or sour
- Fruiting period- dry season

“The fleshy pulp of the fruits is widely eaten by the local populations. The pulp can taste either very sweet or sour. Locally, the variation of the fruit exocarp color is said to be correlated with the pulp taste.”



Strawberry

- Scientific name-*Phytophthora fragariae*
- Origin-New Guinea
- Growing zone – 9
- Health benefits-are a sodium-free, fat-free, cholesterol-free, low-calorie food
- Taste – sweet & sour

- Fruiting period-October to February.

“Strawberries that are in season and at peak ripeness are fruity, sweet, and juicy, with a little bit of acidity. Bite into one of these plump and juicy red berries and you'll get a big burst of sweetness in your mouth.”



sundrop

- Scientific name-Eugenia victoriana
- Origin-South American
- Growing zone – 10
- Health benefits-antiseptic and astringent
- Taste –similar to passionfruit
- Fruiting period- summer

"Sundrop or guayabill is a rainforest shrub to small tree that produces large, very aromatic but sour fruits that make delicious juice or preserves. The taste is similar to passionfruit."



Sweet tamarind

- Scientific name-Tamarindus indica
- Origin-Africa
- Growing zone -10-12
- Health benefits-can protect against diseases such as heart disease, cancer and diabetes
- Taste -sweet and sour
- Fruiting period-October-December

"The tamarind is best described as sweet and sour in taste, and is high in tartaric acid, sugar, B vitamins and, oddly for a fruit, calcium. The ripe fruits of sweet tamarinds can be directly eaten as a type of fresh fruits."



Tampoi

- Scientific name-Baccaurea macrocarpa
- Origin-Southeast Asia
- Growing zone – 12
- Health benefits- effects against a wide range of chronic diseases
- Taste –sweet and sour

- Fruiting period- winter

"The fruits are eaten out of hand. They taste a pleasant mix of sweet and sour. The flavour resembles somewhat that of mandarin."



Tay berry

- Scientific name-*Rubus fruticosus* x *ideaus*
- Origin- Scotland
- Growing zone – 5-8
- Health benefits- lot of vitamin C and bioflavonoids
- Taste –sweet
- Fruiting period- late July to August
- “The mature tayberry fruit – reddish-purple when ripe – is cone-shaped, and can be up to 4 cm (1 1/2 in) long. Similar to the blackberry, the receptacle (the "core") remains in the berry when it is picked. ... Having a strong flavor, the tayberry is less acidic than the loganberry..”



Tree tomato

- Scientific name-Solanum betaceum
- Origin-Peru
- Growing zone – 8-11
- Health benefits-good sources of dietary fiber,
- Taste – sweet
- Fruiting period-April-May

“Inside the flesh is orange, with small dark, edible seeds. The tree tomato has an intense flavour with a hint of sweetness. You can eat the skin, but it has a very bitter taste.”



Ubajay sweet

- Scientific name-Hexachlamys edulis
- Origin- Argentina
- Growing zone – 8
- Health benefits- NA
- Taste – similar to peach
- Fruiting period- spring

"It taste similar to peach giving its vulgar name of peach tree. The fruit is edible, with the orange pulp, very juicy, slightly tart aftertaste when fully ripe."



Uvalha

- Scientific name-Eugenia pyriformis
- Origin-Brazil
- Growing zone – 11
- Health benefits- provide nutritional benefits
- Taste – sweet
- Fruiting period- September and January

“The fruits are large, spherical, pubescent, white pulp aspect gelatinous and with latex, yellowish, and have a pleasant aroma and sweet taste.”



Uvaria chamae

- Scientific name-Uvaria chamae
- Origin-Africa
- Growing zone – 11
- Health benefits-used traditionally to treat diabetes mellitus

- Taste – sweet
- Fruiting period- summer, spring

"The fruits of Uvaria are edible, having a sharp sweet-sour taste."



Uvaria grandiflora

- Scientific name-Uvaria grandiflora
- Origin-Africa
- Growing zone – 11
- Health benefits-used traditionally to treat diabetes mellitus
- Taste – sweet

- Fruiting period- summer, spring

"The fruits of Uvaria are edible, having a sharp sweet-sour taste."



Velvet apple

- Scientific name-Diospyros discolor
- Origin-Philippines
- Growing zone – 11
- Health benefits-astringent, antidiarrheal, anti-inflammatory and anti-microbial
- Taste – similar to peach

- Fruiting period- April- June

"Its edible fruit has a skin covered in a fine, velvety fur which is usually reddish-brown, and soft, creamy, pink flesh, with a taste and aroma comparable to a peach."



Vietnam cherry

- Scientific name-Prunus campanulata
- Origin-Japan
- Growing zone – 7-9
- Health benefits-Beneficial to stimulate respiration, improve digestion
- Taste – bitter

- Fruiting period-July to August

“The toxin is found mainly in the leaves and seed and is readily detected by its bitter taste.”



vitex doniana

- Scientific name-vitex doniana
- Origin-tropical Africa
- Growing zone – 10
- Health benefits-used to improve fertility
- Taste – sweet

- Fruiting period- summer

"A sweet flavour with a mealy texture, it tastes a bit like prunes."



Water apple

- Scientific name-Syzygium aqueum
- Origin- Malesia, New Guinea
- Growing zone- 10
- Health benefits -Clears Suntans and Dark Spots, useful skin-whitening agent
- Taste- sweet
- Fruiting period- 2-3 years after planting
- *"No matter the ripeness, the glossy skin is very thin and prone to bruising if handled roughly. The fragrant flesh is white or pink, and extremely juicy, somewhat like watermelon or an Asian pear. The flavour is on the sweet side, with notes of rose, though very mild."*



Willughbeia elmerii

- Scientific name-Willughbeia elmerii
- Origin- Nicobar island
- Growing zone – 10
- Health benefits- NA
- Taste – sweet & sour
- Fruiting period- winter
- *“This Baccaurea used by Borneo people for making liquor, put the fruit flesh inside the sealed earthenware jug and planted in the soil for a certain time which produces liquor with a high alcohol content.”*



Willughbeia edulis(creeper)

- Scientific name-Willughbeia edulis
- Origin- Nicobar island
- Growing zone – 10
- Health benefits- NA
- Taste – sweet & sour

- Fruiting period- winter

“Willughbeia edulis is a vine species bearing tropical fruit in the family Apocynaceae. It is a yellow sour edible fruit found in:India, Indo-China.”



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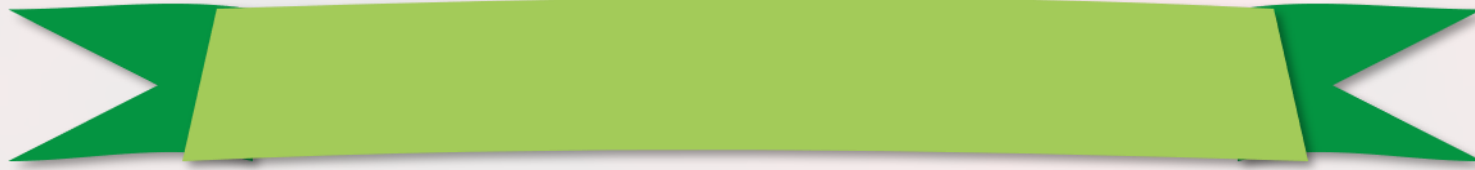
Wood apple

- Scientific name- *Limonia acidissima*
- Origin- India
- Grow zone- 10
- Health benefits- used for effective treatment for hiccup, sore throat, and disease of the gums
- Taste –sweet, sour,

- Fruiting period- dry season

“Wood apples have a complex sweet, sour, and acidic flavor, reminiscent of tamarind, eggnog, raisins, and sharp cheeses.”





- Scientific name-

- Origin-

- Grow zone-

- Health benefits-

- Taste –

- Fruiting period-