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Farmers' Corner- A Knowledge Hub

Kydia mangosteen: a rare flavourful fruit

Kydia mangosteen or Orange kauphal (Garcinia kydia) is a rare fruit species found distributed in the evergreen forests of Andaman Islands and Northeastern states of our country. Trees grow large and bear attractive orange coloured fruits akin to Kauphal (Garciniacowa), but the ridges on fruits of kydia mangosteen are very light and are mostly present only at one end. Acidic fruits are eaten raw, while peel is employed as an



acidulant in curries by settler communities. Fruits are known to have pleasant flavor, thereby making them a suitable candidate for processing into value added products. Studies at ICAR-CIARI have suggested that fruits contain vitamins A and C, and processed products such as dehydrated rind, sweetened rind, beverages etc. could be prepared from these fruits. Studies have also suggested that the trees grows even in soils with low to moderate amounts of nutrients, and hence could be grown with less crop management care. Traditionally, fruits are believed to have medicinal properties and are being used to treat dysentery, constipation, high blood pressure and stomach related ailments for human and pet animals. Under Island conditions, good to prolific bearing has been reported. Planting material of kydia mangosteen is being produced regularly at Horticultural Plants Propagation Unit of ICAR-CIARI and interested stakeholders can get the plants from there.

Benefit: Considering the prolific bearing habit of the tree without much care, cultivation of kydia mangosteen in home gardens and community lands could be promoted. Pooling of produce and preparation of products could be helpful in promotion of cottage industries in the islands.

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