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Farmers' Corner- A Knowledge Hub

Nature's own vitamin C factory: the West Indian Cherry

Post COVID-19 pandemic, there has been increased awareness about the nutritional aspects of our food, particularly vitamin C. West Indian Cherry or Barbados Cherry is one of the richest sources of vitamin C in the plant kingdom. The plant grows as a shrub; however, it could be trained and pruned to the desired shape. Studies at ICAR-CIARI have successfully demonstrated its suitability for potted cultivation. It could also be grown as a hedge in gardens, parks, schools and colleges.



Rooted cuttings start fruiting after 12-15 months of planting and the plant flowers and fruits minimum three times in a year. It is a sun loving plant and could be easily planted in terraces and balconies with ample sunlight. Fruits could be eaten fresh or processed into juices, jelly and as frozen fruits. Its juice could be used to enhance the flavor and vitamin C content of other fruit juices. ICAR-CIARI has been involved in multiplication and popularization of the species among various stakeholders.

Benefit: Consumption of a few fruits could fulfill our recommended daily intake of vitamin C. Further, the plant has high aesthetic appeal and could be used to beautify the surrounding of residential as well as commercial spaces.

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