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Port Blair, Saturday, September 25, 2021

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Farmers' Corner- A Knowledge Hub

Burma Phal (*Garcinia andamanica*): an endemic, flavourful fruit of the islands

Burma phal or Andaman kauphal is an endemic fruit species found distributed mainly in the Little Andaman, Rutland, Baratang and Middle Andaman islands. Trees are of 7 to 8 m height and bear leaves of about a foot long. Fruits are large, attractive, yellow to orange and sour in taste. Burma phal



*could be easily distinguished from the other similar *Garcinia* species found in the islands by the typical triangular shape of the mature leaves. The local communities commonly consume them during the fruiting season. Onge tribe uses the trunk of this species for construction of huts.*

Interestingly, plants of Burma phal flourish well even in the soils with poor to moderate nutrient status and soils with high water table. Studies at ICAR-CIARI suggested that fresh fruits are sources of vitamin A, vitamin C and antioxidants. Further, the peel could be dried and stored for future consumption as an acidulant in culinary preparations. The dried rind possesses aroma akin to raw mango powder (aamchur) and hence, could be utilized for flavouring of dishes. Each fruit contains about five bold seeds, which are rich in unsaturated fatty acids, particularly Oleic acid. Considering the multipurpose uses and endemic nature of Burma phal, it could be popularized as backyard crop in the islands. Home scale processing in the form of dehydrated rind could also serve as a novel source of flavour for the local consumers as well as the tourists.

Benefit: Promoting its cultivation and subsequent utilization of Burma phal would not only provide income source to the island farmers but would also contribute in conservation of this endemic heritage of our islands.

Interested persons may contact

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