

# Daily Telegrams...

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## ***Farmers' Corner- A Knowledge Hub***

### **Time to utilize the local Kau phal (Garcinia cowa)**

*Cowa mangosteen or kau phal is a member of mangosteen family distributed naturally in our islands besides its natural distribution in North East India. It is a tropical tree species bearing attractive orange fruits with furrowed peel. Pulp is also orange in colour and is relished by the local masses during summer season to combat the heat. Fruits have laxative property and young leaves are sometimes eaten as vegetables by some ethnic groups in the islands. Trees grow straight and bear profusely under island conditions. Fruits are source of pharmaceutically valued hydroxycitric acid apart from vitamin A and C. Studies at ICAR-CIARI have suggested that rind could be easily dehydrated and used for flavouring of curries. Trees of kau phal are commonly seen in the backyards and under semi-wild condition in the North and Middle Andaman islands. Unfortunately, the trees being straight are among the locally preferred species for construction of huts etc. and hence, their conservation is desirable. Planting material of kau phal is available at Horticultural Plants Propagation Unit of ICAR-CIARI and the interested farmers could procure and conserve this multipurpose tree in their farm.*



*Benefit: Seasonal produce, which is presently underutilized, could be pooled and processed at farm level, thereby serving as an additional source of income for the island farmers.*

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