

Butter Fruit

Diospyros blancoi



Common names	Buah mentega, buah sagalat, mabolo, velvet apple, kamagong, peach bloom, pommier velours, hong nhung, bisbul, marit, camagon, mao shi, mabolo persimmon, velvet persimmon.
Origin	Butter fruit belongs to Ebenaceae family, originates in the Philippines, and can be found today in Sri Lanka, Taiwan, Malaysia, Sumatra and Java. Though not a popular tree, it's a minor crop in India.
Description	The butter fruit varies in form from a small straggly tree with drooping branches, to an erect, straight tree to 60 or even 100 feet, with stout, black, furrowed trunk to 50 inch thick. It is rather slow growing.
Growth Habitat	Butter fruit thrives in areas with a tropical, monsoonal climate, and can withstand typhoons. It needs a good distribution of rainfall through the year. Male trees must be planted near the female trees for effective pollination and fruit production.
Foliage	The evergreen, alternate leaves, oblong, pointed at the apex, rounded or pointed at the base, are 6 to 9 inch long, 2

	to 3 $\frac{1}{2}$ inch wide. The leaves are also leathery, dark- green, smooth and glossy on the upper surface, silvery-hairy underneath. New leaves are showy, pale-green or pink and silky-hairy.
Flowers	The tubular, 4-lobed, waxy, faintly fragrant blooms are short-stalked, creamy-white, downy. Male flowers are $\frac{1}{4}$ inch wide, in small clusters, and female flowers, $\frac{1}{2}$ inch wide, solitary, and are borne on separate trees.
Fruits	The fruits are about 3 inches in diameter with a velvety dull-red orange skin. Most fruits develop without seeds and are flattened-globose in shape but those that develop seeds, however are elongated and very similar in shape to the apple. The skin gives off a strong, unpleasant cheesy odor, but once peeled off, the fruit is quite odor free and has a distinct, sweetish flavor.
Soil	The tree does best in loam but flourishes very well in almost any soil with little care.
Pruning	Water sprouts and interlacing branches of the tree are occasionally pruned, and so are branches that touch the ground.
Fertilization	The tree is rarely fertilized and seems to need no protective spraying.
Propagation	The tree is usually propagated by seed taking up to 24 days to germinate. It can be propagated vegetatively by marcotting, budding and grafting, the latter method being commercially used in the Philippines.
Harvest	The fruits are considered mature when they turn from greenish-brown to dull-red. After harvest they are usually wiped with a piece of cloth to remove the hairy bloom to make them look more attractive, In 3-4 days, the fruits soften and become aromatic.

<p>Nutritional Properties</p>	<p>The average calorie value of butter fruit is somewhere between 70 and 80 calories with approximately 20 grams of carbohydrate and 15 grams of acid molecules. Butter fruit are rated short on the glycemic index which means they supply a steady stream of sugar to the blood rather than a sudden point. Other nutrition facts point to that butter fruits are a good source of potassium, fiber and vitamins A and C. They also hold small amounts of iron, calcium and phosphorus. Among all fruits and vegetables, vitamins are rigorous in the skin, so you will get more nutrition from the butter fruit if you eat its skin and all, but even if you don't like the skin, the apple is still packed with nutrition.</p>
<p>Health Benefits</p>	<p>Butter fruit has several traditional remedies. In SE Asia, butter fruit juice is used to treat diarrhea and dysentery. Bangladeshis use the leaves and bark to heal snakebites and to cleanse the eyes. In Guiana, locals use the fruit to remedy hypertension and heart problems. Other traditional uses include the treatment of insect bites, cough, diabetes, and stomach problems. A tea of the bark and leaves are used to treat skin issues as well. In the Philippines, the bark preparation has been reported to be used for fevers, dysentery and diarrhea.</p>
<p>Commercial Uses</p>	<p>Products Food: The fruit is usually eaten fresh when ripe. It taste rather sweet but is quite dry. The flesh can also be diced and combined with that of other fruits in salads. Timber: The wood is smooth, durable and black and is much used in the Philippines in making handicrafts. The wood is also used as streaked ebony, especially for carvings and special furniture.</p> <p>Services Ornamental: The tree is often planted for its rather sweet but dry edible fruits, and also as a roadside tree.</p>

Food Suggestion

Butter Fruit Juice

Ingredients:

- 1/2 of butter fruit (take the flesh)
- 600ml evaporated milk
- 3 tablespoons sugar (don't need to put a lot because fruit has a sweet taste)
- ice cubes (need more to dilute the concentrated juice)

Procedure:

1. Blend the butter fruit with the 600ml of evaporated milk.
2. Filter.
3. Mix with sugar.
4. Put in ice cubes.
5. The drink is ready to be served.