

Cherapu

Garcinia prainiana



Common names	Button mangosteen
Origin	Native to Malaysian and Thailand. It belongs to Clusiaceae family.
Description	Related to the purple mangosteen, cerapu or button mangosteens are bright orange and have a thin, outer skin with sweet, soft, orange flesh that can be eaten.
Growth Habitat	Grows well in the tropics but also in plant pots in temperate lands.
Foliage	Its shiny leaves about 20cm long by 10cm wide, the undersides pale green with prominent veins. The base of each leaf appears to wrap around the branch, as if it had no stalk.
Flowers	Cerapu trees have thick waxy pink and cream-coloured flowers with a button-like red ovary. Both male and female flowers that grow on separate trees are similar in appearance. About 3.8cm in size.

Fruits	The ripe fruits are bright orange and button-shaped with green sepals. The skin is thin and can be peeled off easily. The pale orange flesh consists of 5 to 7 segments while 1 to 4 of the segments contain a small seed. It has a juicy, sweet-sour taste and is very refreshing.
Soil	As with mangosteen trees, button mangosteen trees most probably need a deep, rich, well-drained soil with a high organic content and should be sheltered from strong winds and salt spray.
Pruning	The cerapu tree has a narrow dense crown and grows very slowly, even in a pot so not much pruning is required.
Fertilization	Mangosteen trees are given NPK 20-20-20 and FYM (Farmyard manure) annually, quantities increasing with the age of the tree.
Propagation	By seed. The seeds, as with many <i>Garcinia</i> species, can be very slow to germinate, and may take 2-6 months to germinate.
Harvest	Fruits should be hand picked due to its thin skin and soft, juicy flesh.
Nutritional Properties	Cerapu has high antioxidant content of about 91.9% and vitamin C of about 27 mg per (100 g fresh weight).
Health Benefits	<p>Not much is known about the health benefits of cerapu but for example, a popular whole mangosteen-based juice which includes the pericarp (fibrous exterior) of the fruit claims to provide biologically active compounds and phytonutrients, including xanthones, catechins, flavonoids and proanthocyanidins to support respiratory health, immune health, intestinal health and joint health.</p> <p>Mangosteen's xanthones- alpha-mangostin and gamma-mangostin are more potent than Vitamin C or Vitamin E.</p>

	<p>Mangosteen also contains Garcinone-E, which researchers suggest may be useful for the treatment of certain types of cancer.</p> <p>Mangosteen includes many vitamins, minerals and nutrients as well as Catechins, Stilbene, Polysaccharides, and Quinones.</p> <p>Scientists have discovered 200 xanthonones and remarkably 40 are found in mangosteen. So, one may wonder, what are the undiscovered healths benefits of cerapu?</p>
Commercial Uses	<p>The mangosteen tree wood is heavy and moderately durable; old and unproductive trees are harvested for their wood and used to manufacture spear handles, rice pounders, houses and cabinets.</p>
Food Suggestion	<p>Cerapu goes well in a fruit salad with mangosteens, citrus fruits, apples, pineapples, bananas, kiwis, papaya, dragon fruits, watermelon and pomegranates.</p> <p>Add sugar syrup and lime or lemon juice to taste.</p>