

Durians- Assorted

Durio zibethinus



Common names	Durianbaum, stinkfrucht, civet fruit, duriao, durion, thureen, thourien, sau rieng, thurian, dulian, duren, du-yin, durian kampong, durian puteh, ambetan, doerian, zibetbaum.
Origin	Durian belongs to Malvaceae family, is native to Malaysia and Indonesia. Although it is planted on a small scale throughout the tropics, commercial production is mostly in Thailand, Malaysia, Indonesia, Philippines, Vietnam, India and Australia.
Description	The durian tree looks regal and majestic befitting its royal title as "King of Fruits". It is an evergreen tropical tree with a straight trunk and buttressed base. A matured tree trunk can be 50-120cm in diameter. The branches grow out from the trunk in all directions and some matured trees usually have upper branches which are almost horizontal.
Growth Habitat	Durian requires a tropical climate with relatively high rainfall which is fairly well distributed throughout the year. Durian produces best from sea level to about 700 feet (213 m) elevation, but is reported to fruit as high as 2,600 feet

	(792 m) in elevation.
Foliage	<p>The leaves are elliptic to oblong in shape and are about 8-20cm long and 2.5-7.5cm wide. Upper surface is shiny smooth, light or dark green and the bottom surface is somewhat scaly, sometimes brown but more often with a golden shine. This unique combination of colours is very attractive as the leaves appear change colour when the wind blows through the tree.</p>
Flowers	<p>Durian flowers are strongly fragrant, have nectar and each flower has 5 sepals and 5 petals. Colour of the flower matches the colour of the edible pulp that will develop inside the fruit.</p> <ul style="list-style-type: none"> - Yellowish petals produce yellow-fleshed durians - White or reddish petals will produce white or reddish fleshed durians.
Fruits	<p>The durian fruit is famous for its strong odour and unique taste. The fruit is large (between 2 and 5 kg), pendulous, round to oblong in shape, covered with strong sharp spines or thorns. The shell splits into five segments when ripe, exposing the creamy whitish, yellowish or pinkish aril which surrounds large seeds.</p>
Soil	<p>Prefers rich, deep, well-drained sandy clay or clay loam (deep alluvial or loamy soil), high in organic matter.</p>
Pruning	<p>Formative pruning is practiced during the first years following planting and this is done by removing excess trunks, upright branches and watershoots, as well as thinning of the horizontal branches. Removal of excess branches will favor maximum penetration of sunlight and promote air circulation.</p>

Fertilization	Fertilizers are needed to maintain the health and productivity of the trees. More nutrients are needed as the trees grow older and bigger. The higher the yield in the previous season, the more nutrients is required to help the trees recover faster for the next season. Durian requires different proportions of N, P, and K as the tree reaches different developmental stages.
Propagation	Durian may be propagated by seed or grafting. Seeds must be planted fresh, as they lose viability quickly, especially if allowed to dry out. They germinate in about a week, and are fast growing. Durian may be grafted by cleft, side veneer or approach.
Harvest	Wait until the fruit falls from the tree and wait 2 to 4 days for the fruit to fully ripen before eating it. If fruits are harvested while still on the tree, the flesh will have a firmer texture and flavor and odor will be milder.
Nutritional Properties	Durian fruit is a good resource of antioxidant vitamin-C about 33% of RDA in this fruit. The durian fruit flesh contains many nutrients which are carbohydrates, fat, protein, fiber, calcium, phosphorus, folic acid, magnesium, potassium, iron, zinc, manganese, copper, carotene, vitamin C, thiamin, niacin, and riboflavin.
Health Benefits	<ol style="list-style-type: none"> 1. Anemia can be overcome because durian is rich in folic acid and iron. 2. Can cope with constipation because durian contains lots of fiber. 3. Good for healthy and bones and joints because it contains calcium, potassium and various vitamin B. 4. Good for dental health because it contains phosphorus. 5. Maintains a healthy thyroid because of the content of copper. 6. Prevents premature aging because it contains vitamin

	C as an antioxidant.
Commercial Uses	Durian pulp is usually consumed fresh, but it is also used to flavor ice cream, cookies and candies, or preserved by canning, freezing, drying, boiling with sugar, fermenting, or salting. The seeds are edible, eaten after boiling, frying or roasting. Young shoots and unripe fruit are cooked and eaten as a vegetable. In Malaysia, a popular durian cake, dodol, is made from durian mixed with coconut and palm sugar. Leaf, fruit and root extracts are used to reduce fever, and in treatment of jaundice, swelling and skin diseases. Wood is classified as softwood, coarse, lightweight and is not durable and seldom used for building construction but is used for making light furniture and clogs.
Food Suggestion	<p>Durian Panna Cotta</p> <ol style="list-style-type: none"> 1. 600ml Fresh milk 2. 80g Whipping cream 3. 60g Sugar 4. 15g Gelatine powder 5. 60ml Water 6. 200g Durian puree (blend durian to smooth) <p><u>Method:</u></p> <ol style="list-style-type: none"> 1. Add gelatine to water to soak for 5 minutes. 2. Combine fresh milk, whipping cream and sugar in a pot, put under medium heat and stir until sugar dissolved. 3. Bring the liquid mixture to light boil. 4. Then add in soaked gelatine into it and stir until gelatine dissolved. 5. Lastly add durian puree and mix well, do not boil but keep stirring it for 5-8 minutes at low heat. Strain and pour mixture in cups or moulds. 6. Refrigerate for at least 2 hours and serve.