

Malay Apple

Syzygium malaccense



Common names	Jambu merah, jambu bar, jambu bol, jambu melaka, jambu kling jambu kapal Malay rose-apple, mountain apple, water apple, Otaheite apple, Otaheite cashew, French Cashew
Origin	Native of Malaysia, Sumatra and Java in Indonesia and Vietnam. Belongs to Myrtaceae family.
Description	Beautiful bright scarlet red flowers (sometimes white, yellow or orange) with hundreds of long stamens becoming scarlet-red, juicy, small pear-shaped fruit with white flesh and spongy interior enclosing a single or dual seed.
Growth Habitat	Tropical climate with regular rainfall and high humidity.
Foliage	Soft leathery, glossy, dark green 15 to 45cm long and 9 to 20cm wide.
Flowers	The abundant, brightly coloured flowers, only mildly fragrant, are borne on the upper trunk and along leafless portions of mature branches in short-stalked clusters.

Fruits	The fruit, bell-shaped, with thin, smooth, waxy skin, rose-red to white, crisp outside and spongy interior. It has a juicy flesh of very mild, sweetish flavor. Containing one or two spherical seeds.
Soil	Jambu bol grows well on a wide range of soil types from sand to heavy clay. It doesn't tolerate alkaline soils. In India, it grows well on the banks of ponds, lakes, streams where the drainage is good.
Pruning	Prune to establish shape, allow light and to remove dead or diseased branches. Growth can be slow and uneven.
Fertilization	It is recommended that you fertilize at the same time as you water using a time released fertilizer NKP 8-3-9 or similar. Multiple feeding during the growing season might be required. It is important to follow the fertilizers labeled instructions to avoid burning or killing the tree.
Propagation	Seeds germinate easily and can be found sprouted under parent trees. Air layering has also been successful.
Harvest	Fruit can easily be bruised so hand picking is best. Wrapping in plastic allowing for drainage preserves the fruit from insects and birds. Larger fruit size can be achieved by thinning the crop and watering heavily.
Nutritional Properties	Every 100g of Jambu bol has an average of 5.9mg of calcium, 17.9mg phosphorus, 0.82mg of iron, 10iu of Vitamin A, 39mcg of thiamine, 39mcg of riboflavin, 0.40mg niacin, and 17mg of Vitamin C.

<p>Health Benefits</p>	<ul style="list-style-type: none"> • In the Molucca, or Spice, Islands, a decoction of the bark is used to treat thrush. • Malayans apply a powder of the dried leaves on a cracked tongue. • A preparation of the root is a remedy for itching. • The root acts as a diuretic and is given to alleviate edema. • The root bark is useful against dysentery, also serves as an emmenagogue and abortifacient. • Cambodians take a decoction of the fruit, leaves or seeds as a febrifuge. • The juice of crushed leaves is applied as a skin lotion and is added to baths. • In Brazil, various parts of the plant are used as remedies for constipation, diabetes, coughs, pulmonary catarrh, headache and other ailments. • Seeded fruits, seeds, bark and leaves have shown antibiotic activity and have some effect on blood pressure and respiration.
<p>Commercial Uses</p>	<p>The ripe fruit is eaten raw though many people consider it insipid. It is best stewed with cloves or other flavoring and served with cream as dessert. Malayan people may add the petals of the red-flowered hibiscus (<i>Hibiscus rosa-sinensis</i> L.) to make the product more colorful. Malay apples are often cooked with acid fruits to the benefit of both. They are sometimes made into sauce or preserves. The slightly unripe fruits are used for making jelly and pickles..</p> <p>In Puerto Rico, both red and white table wines are made from the Malay apple. The barrels are kept in the coolest place possible for 6 months to 1 year, and then the wine is filtered. It will be of a pale-rose color so artificial color is added to give it a rich-red hue.</p> <p>In Indonesia, the flowers are eaten in salads or are preserved in syrup. Young leaves and shoots, before turning green, are consumed raw with rice or are cooked and eaten</p>

	as greens.
Food Suggestion	Refreshing Jambu Bol snack 10 Jambu Bol, cut up in quarters. Remove seeds and soft center Sauce: Mix 5 tbsps of sugar and 2 tbsps of soya sauce Optional: add 2 tbsps of chili sauce. (Adjust according to taste.) Dip slices of Jambu Bol into the sauce and eat it fresh.