

# Pedalai

*Artocarpus sericiparpus*



Common names	Buah Tarap Bulu, Gomihan, Belalai, Gumihan, Terap
Origin	Native to Borneo, Sulawesi, Malaysia and the Philippines . Belongs to Moraceae family.
Description	Red to orange hairy oval fruit that is the size of softball that looks like a giant rambutan with soft, sweet, white segments fruit inside.
Growth Habitat	Tropical to subtropical areas.
Foliage	The young hand-shaped leaves have many lobes, they can measure up to 180 by 70 cm, later the leaves of the mature tree are oval to egg shape and up to 70 by 50 cm.
Flowers	The yellowish green fleshy club-shaped male flower spike grows above the female flowers on old branches and the tree trunk. The female flowers grow below. Their shape is more slender with a larger stigma.

Fruits	Pedalai fruit have attractive bright orange skin with small soft curly hair protrusions. The sweet, creamy white flesh has a superior flavour, firmer flesh and slightly larger segments than marang and no latex is exuded. Chestnut-like seeds can be roasted and eaten.
Soil	Prefers alluvial soils which have mineral rich humus deposits left by lakes and streambeds. Or slightly acidic soils rich in nutrients. Micronutrients are very beneficial.
Pruning	Prune to establish initial shape and to remove dead and diseased branches.
Fertilization	The fertilization of pedalai tree is similar to jackfruit tree. Try fertilizing your growing pedalai or jackfruit tree with NPKMg applied in a ratio of 8:4:2:1 to 30g per tree at 6 months of age and doubling every 6 months up to 2 years of age. After 2 years, the growing pedalai or jackfruit trees should get 1 kg per tree in the amount of 4:2:4:1 and is applied before and at the end of the wet season.
Propagation	Propagate by seeds. Related species are propagated by root or stem cutting or suckers or sucker marcots.
Harvest	It may be harvested when full size but still firm, and left to ripen until soft. Once opened, it would be advisable, as with marang, to consume it quickly (in a few hours), as it loses flavour rapidly and fruit oxidizes.
Nutritional Properties	Similar to jackfruit, Pedalai is high in carbohydrates, fiber, and high in minerals like potassium in flesh and seeds. It also contains phosphorus, calcium, magnesium, iron, copper, zinc and a small quantity of Vitamin C.
Health Benefits	<ul style="list-style-type: none"> <li>Potassium works with an enzyme that is used to break down carbohydrates for energy production in cells. Potassium is an electrolyte mineral that balances the acid/alkaline system, transmits electrical signals</li> </ul>

between cells and nerves, and enhances athletic performance. Potassium works with sodium to regulate the body's water balance, and is necessary for heart health against hypertension and stroke.

- The health benefits of phosphorous include healthy bone formation, improved digestion, excretion, protein formation, hormone balance, improved energy extraction, cell repair, chemical reactions, and nutrient utilization.
- Calcium helps build strong teeth and bones. It is an essential mineral for maintaining overall health as well as heart health.
- Magnesium assists the body with the synthesis of nucleic acids, fats and protein as well as the absorption of calcium. Magnesium also supports heart health.
- Iron is important in the formation of hemoglobin, which transports and stores oxygen in red blood cells and nourishes the entire body. It's important in preventing anemia and stimulating immune system function.
- Copper aids the body in iron absorption, protein metabolism, bone formation and blood clotting. Copper helps protein to make up bone, skin and connective tissue.
- The health benefits of Zinc include proper functioning of the immune and digestive systems, control of diabetes, reduction of stress levels, energy metabolism, and an increased rate of healing for acne and wounds. Also, zinc is helpful in terms of pregnancy, hair care, eczema, weight loss, night blindness, colds, eye care, appetite loss and many

	other minor conditions.
Commercial Uses	In recent years the potential of crops of indigenous origin has been slowly recognized and many fruits including pedalai have the potential to be promoted for wider use, domestication and commercialization.
Food Suggestion	Can be eaten fresh. The seeds that taste like chestnuts, can be roasted or boiled.