

Rose Apple

Syzygium jambos



Common names	Malabar Plum, champakka, chom pu or chom-phu, plum rose, water apple, Malay apple, jambrosade, pomarrosa, rose apple, jambu mawar.
Origin	Origins in South East Asia and belongs to Myrtaceae family.
Description	Not an apple but crispy, white, mild-flavoured, juicy and slightly astringent fruit that is popular choice of house owners in the rural housing estates of Malaysia.
Growth Habitat	Tropical and sub tropical areas around the world.
Foliage	The leathery, shiny leaves are about 15 to 20cm length and about 5cm in width. New leaves, as they appear, are maroon colored and gradually turn dark green as they mature.
Flowers	The flowers are in small terminal clusters, white or greenish white, with hundreds of long, straight stamens giving them a diameter of 5 - 8 cm.
Fruits	Jambu Mawar fruit are about 5cm in diameter, white to pinkish in colour. Waxy, crispy, juicy outside with a spongy,

	airy center containing 1 to 3 large brown seeds. Some say it is a cross between an apple, a watermelon and rose-flavoured water.
Soil	Jambu Mawar trees grow in a wide range of soil types including sand and limestone without much organic matter but it thrives best in loamy soil near riverbanks or near a good source of water. It can also be grown in pots.
Pruning	Pruning is usually not necessary. Prune to establish shape, remove dead, damaged or diseased branches or stimulate new growth.
Fertilization	Fertilization is not required if planted in a deep loamy soil but in less fertile soils, a light amount of a balanced fertilizer, such as NPK 6-6-6 every six months may be adequate.
Propagation	Jambu Mawar plants are easily propagated by seeds, with only about 3 years for seedlings to start flower and fruit production.
Harvest	The fruits are easily damaged if dropped but if they are covered in plastic, allowing water drainage, the fruits can be protected from insects, birds and worms and it will facilitate harvesting.
Nutritional Properties	Jambu Mawars are very low in cholesterol and sodium. Good source of niacin, iron, sulfur, calcium and potassium. They are also high in Vit A and Vit C.
Health Benefits	<ul style="list-style-type: none"> • The Jambu Mawar is used for multiple purposes in traditional medicine. People in sub-Saharan Africa use the rose apple bark to treat infectious diseases, • Jambu Mawar fruit infusion may work as a diuretic. • The fruit is used as a liver tonic and a brain tonic. Preparations of the flowers also are used as fever-reducers.

	<ul style="list-style-type: none"> • In Ayurvedic medicine, a dried mixture of Jambu Mawar, vinegar and iron dust is used as a general tonic, a liver tonic and a blood tonic. • The high tannin content of Jambu Mawar bark extract gives it antibiotic properties that may be useful for fighting staph infections. • The bark's active compounds, betulinic acid and friedelolactone, are active against fungal infections on the skin that are common in Camaroon. • The leaf decoction is applied to sore eyes, also serves as a diuretic and expectorant and treatment for rheumatism. • The juice of macerated leaves is taken as a febrifuge. • Powdered leaves have been rubbed on the bodies of smallpox patients for the cooling effect. • The bark contains 7-12.4% tannin. It is emetic and cathartic. The decoction is administered to relieve asthma, bronchitis and hoarseness. • The seeds are said to be poisonous. An unknown amount of hydrocyanic acid has been reported in the roots, stems and leaves.
Commercial Uses	<p>The flowers are a rich source of nectar for honeybees. The essential oil extracted from leaves is used for perfume. The flexible branches have been employed in Puerto Rico to make hoops for large sugar casks, and also are valued for weaving large baskets. The bark has been used for tanning and yields a brown dye. The sapwood is white. The heartwood is dark-red or brown, fibrous, close-grained, medium-heavy to heavy, strong; and has been used to make furniture, spokes for wheels, arms for easy chairs, knees for all kinds of boats, beams for construction, frames for musical instruments (violins, guitars, etc.), and packing cases. It is also popular for general turnery. It is not durable in the ground and is prone to attack by dry wood termites.</p>

Food Suggestion

Jambu Mawar and Prawn Salad

Ingredients (Serves - 4):

- 1 tablespoon nam prik pao (roasted chilli paste)
- 1 lime, juiced
- 1 tablespoon dried shrimp, chopped
- 6 Jambu Mawar, 3 red and 3 green, cored and sliced
- 100g prawns, steamed and sliced thinly

Directions :

- 1.) Mix the chilli paste, lime juice and dried shrimp in a bowl.
- 2.) Add the Jambu Mawar and prawns and mix.
- 3.) Simply place on a plate and serve.