



Ministry of Agriculture & Fisheries
PUBLIC GARDENS DIVISION



Medicinal

Fruits

of the Gardens

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CHERIMOYA

(Annona cherimola)



The **cherimoya** is a fairly dense, fast-growing, woody, briefly deciduous but mostly evergreen, low-branched, spreading tree or shrub, 5 to 9 metres (16 to 30 ft) tall. It can be found at the Cinchona Botanical Gardens in St. Andrew. Sweet, pulpy, and fragrant rich cherimoya is one of the most delicious tropical fruits. The name originates from the Quechua word *chirimuya*, which means “cold seeds” because the plant grows at high altitudes and the seeds will germinate at higher altitudes.

Family: Annonaceae

Origin: Central & South America

NUTRITIONAL PROFILE AND HEALTH BENEFITS

Raw cherimoya fruit is 79% water, 18% carbohydrate, 2% protein, and 1% fat. 100-grams of the fruit provides 75 calories, cherimoya is a rich source (20% or more of the Daily Value, DV) of vitamin B6 and a moderate source (10–19% DV) of vitamin C, dietary fibre and riboflavin.

It boosts immunity, promotes cardiovascular and digestive health and hair, is good for bones and the brain and reduces cholesterol and blood sugar levels.

NUTRITIONAL PROFILE AND HEALTH BENEFITS

Calories: 98

Protein: 4 grams

Fat: 0.1 grams

Carbohydrates: 21.6 grams

Fibre: 3.6 grams

Sugar: 21.8 grams

Iron: 11% of the Daily Value (DV)

Vitamin A: 501% of the DV

Vitamin C: 15% of the DV

Even a small serving of this fruit is loaded with fibre, iron, and vitamins A and C. These berries protect the eyes, provide immune system support, protect against cancer, promote healthy skin, stabilize blood sugar, improve depression, anxiety, and sleep and prevent liver damage.

Rambutan benefits include cure for small ailments like dry lips and sprue mouth, improves the health of the eyes, prevention of anaemia, reduces bad cholesterol, prevents cancer, cleans kidneys, is an immunity booster, lowers blood pressure, a cure for diarrhea, prevents constipation, rejuvenates skin, makes hair healthy, and is good for pregnant mothers.

GOJI BERRIES

(*Lycium chinense*)



Goji berries are deciduous woody shrubs, growing 1–3 metres (3 ft 3 inches – 9 ft 10 inches) high, somewhat shorter than *L. barbarum*. The stems are highly branched. Branches are pale gray, slender, curved or pendulous, with thorns 0.5–2 centimetres (0.20–0.79 in) long. It can be found at the Cinchona Botanical Gardens in St. Andrew. They produce a bright orange-red berry, whose shape is ovoid or oblong, 7–15 millimetres (0.28–0.59 inches) long and 5 to 8 mm wide (but up to 22 millimetres (0.87 inches) long and 10 millimetres (0.39 in) wide in cultivation. It contains compressed yellow seeds.

Family: Solanaceae

Origin: Asia

MONSTERA

(*Monstera deliciosa*)



The monstera is an epiphyte with aerial roots, is able to grow up to 20 metres (66 ft) high in the wild, with large, leathery, glossy, heart-shaped leaves 25–90 cm (10–35.5 in) long by 25–75 cm (10–29.5 in) broad. The leaves on young plants are smaller and entire with no lobes or holes, but soon produce lobed and fenestrated leaves as they grow. Although it can grow very tall in nature, it only measures between 2 and 3 metres (6.6 and 9.8 ft) when grown indoors. The leaves are large (up to 1 m or 3.3 ft long), heart-shaped and pinnate. The older the plant, the more the leaves are covered with its familiar large perforations. It can be found at the Cinchona Botanical Gardens in St. Andrew. This fruit has a similar taste to jackfruit and pineapple and should be made to ripen before consumption.

Family: Araceae

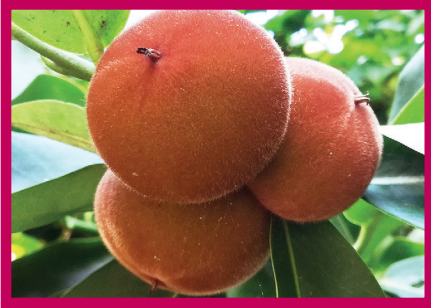
Origin: Central & South America

NUTRITIONAL VALUE AND HEALTH BENEFITS

This fruit is full of vitamin C, proteins, phosphorus and calcium and low in calories. It can be a cure for different diseases and health problems such as arthritis and bites of snakes.

VELVET APPLE

(*Diospyros discolor*)



The **Velvet apple** is a slow growing and evergreen tree with drooping branches to an erect, straight tree normally which grows up to 18 metres tall with exceptional specimens up to 33 metres with a stout, black and furrowed bole, which can be 80 centimetres in diameter. It can be found at the Castleton Botanical Gardens in St. Mary. Fruits are bright red, 8-10 centimetres in diameter and have a velvet skin. The skin resembles the smell of cheese, but the fruit has not much odor and has a pleasantly sweet taste. The pulp is whitish cream, which covers several rather big seeds.

Family: Ebenaceae

Origin: Phillipines

NUTRITIONAL PROFILE AND HEALTH BENEFITS

Velvet apples are rich sources of various vitamins, minerals, and essential organic compounds, including dietary fibre, protein, potassium, iron, calcium, vitamin A, vitamin C, and the B-family vitamins.

Some of the health benefits of velvet apples include their ability to improve heart health, increase circulation, treat

gastrointestinal disorders, clear skin irritation, build strong bones, detoxify the body, boost the immune system, lower blood pressure and relieve respiratory distress.

RAMBUTAN

(*Nephelium lappaceum*)



The **rambutan** is an evergreen tree growing to a height of 12–20 metres. The leaves are alternate, 10–30 centimetres long, pinnate, with three to 11 leaflets, each leaflet 5–15 cm wide and 3–10 cm broad, with an entire margin. The flowers are small, 2.5–5 mm, apetalous, discoidal and borne in erect terminal panicles 15–30 cm wide. It can be found at the Castleton Botanical Gardens in St. Mary. The fruit flesh, which is actually the aril, is translucent, whitish or very pale pink, with a sweet, mildly acidic flavor, very reminiscent of grapes.

Family: Sapindaceae

Origin: South-East Asia

NUTRITIONAL PROFILE AND HEALTH BENEFITS

They are made of fibre, carbohydrates, proteins, and vast deposits of vitamins like vitamin A and C and minerals like calcium and zinc.