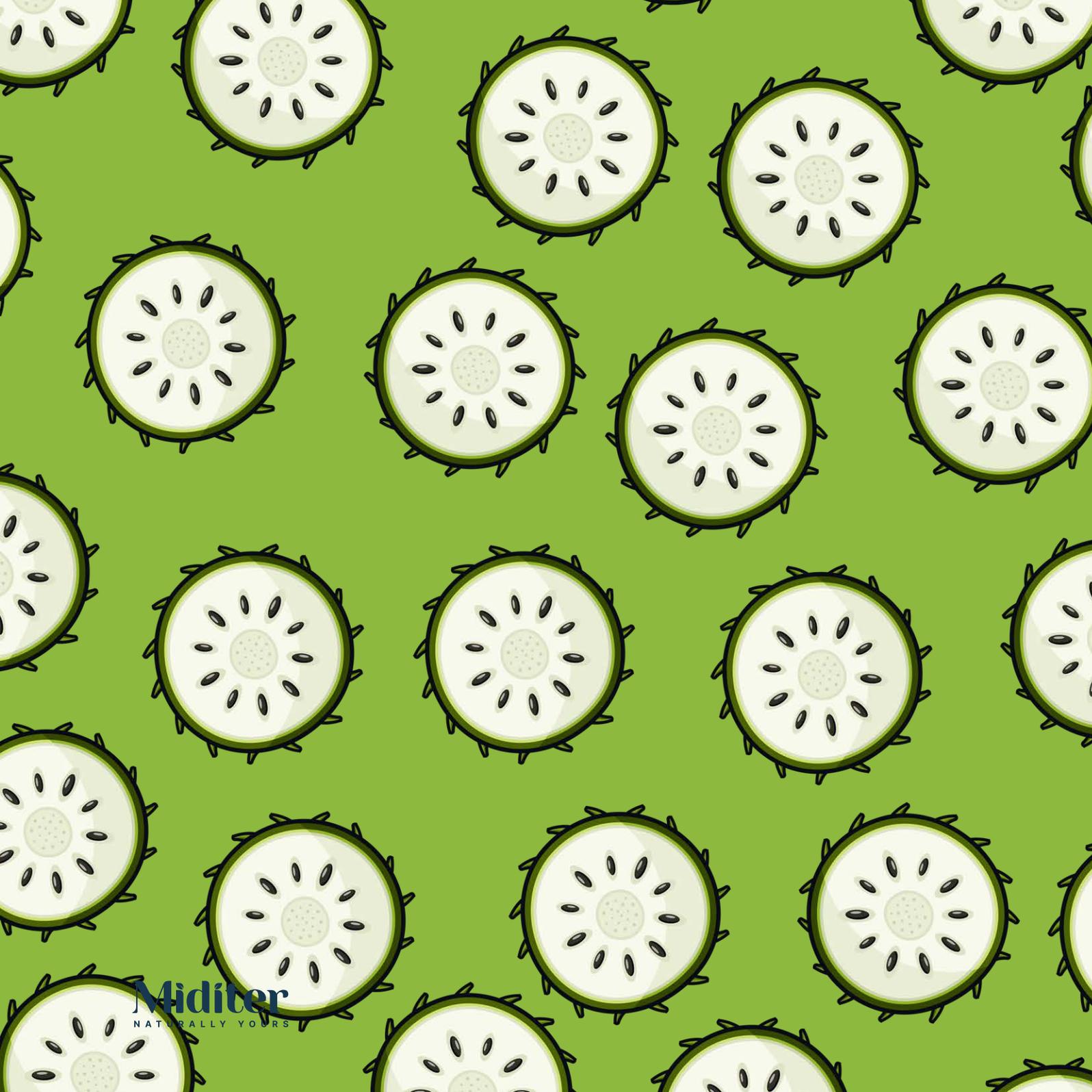


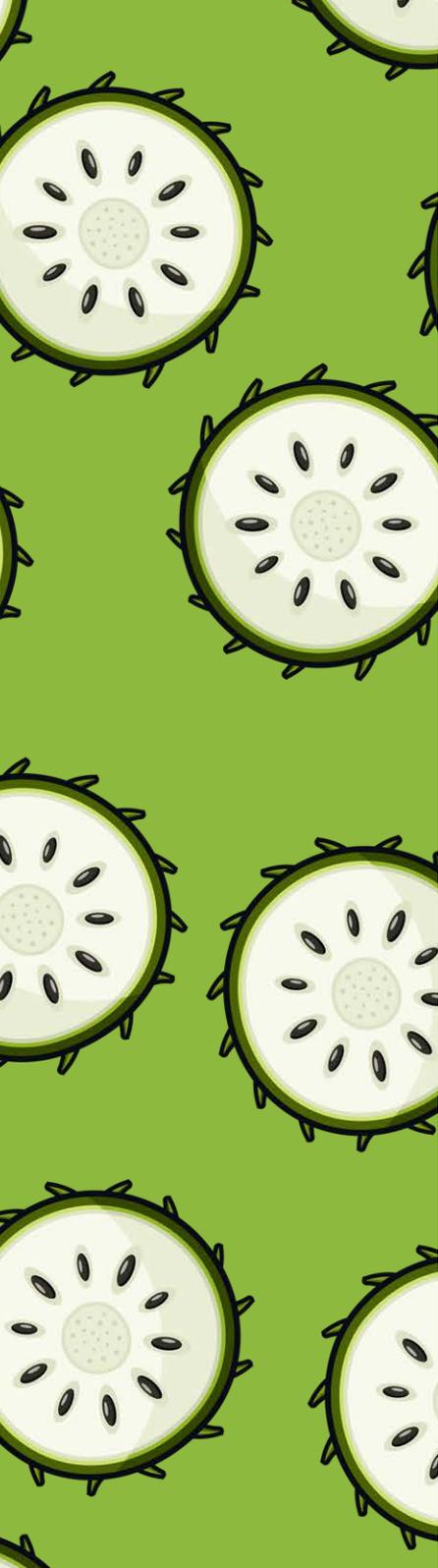
The image features a vibrant green background with a repeating pattern of strawberries. In the bottom-left corner, there is a close-up photograph of a strawberry's surface, showing its fine texture and small green leaves. The Miditer logo is positioned in the upper right, consisting of the brand name in a bold, dark blue font and the tagline 'NATURALLY YOURS' in a smaller, dark blue font below it.

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# SOURSOP



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# INTRODUCTION TO **SOURSOP**

Soursop is a tropical gem cherished for its unique tastes and numerous health benefits. Belonging to the Annonaceae family, this fruit thrives in the lush, tropical landscapes of Central America and beyond. Soursop is known by various names worldwide and in Sri Lanka, it's affectionately called Katu Anoda or Katu Arrtha.



# THE SOURSOP TREE

This tree grows up to 8-10 meters tall with low branches and rustic stems. Its leaves are dark green, glossy, and emit a pleasant smell when crushed.



# SOURSOP FLOWERS

During its flowering season, which lasts 3-6 months, the Soursop tree blooms with charming yellow-green and pale-yellow flowers that can be found all over its branches.



# PROPAGATION

Soursop reproduces through seeds and budding, ensuring its growth continues and its legacy lives on.



# LEAVES

The leaves of the soursop tree are a vibrant green and release a delightful fragrance when crushed. With their oblong shape and glossy appearance, they enhance the appeal of this tropical gem.



# EXTERIOR APPEARANCE:

The fruit starts green and turns yellowish-green when ripe. It has an oval or conical shape with a soft, spiky skin.



# INTERIOR STRUCTURE & FRUIT COMPOSITION

Inside its rough outer shell, there's a bunch of juicy parts, each packed with flavor and aroma. Soursop is full of yummy stuff you can eat, offers you a unique taste sensation. The flesh inside a soursop fruit is creamy white with a fibrous texture.



# MATURITY SIGNS AND HARVESTING

As it ripens, the fruit changes color from green to yellowish-green and finally to dark brown. For the best taste and freshness, it's harvested in the morning.



# USES OF SOURSOP

Soursop can be used in many tasty desserts and drinks. Its leaves are also important for their herbal remedies, adding another layer to its versatility.



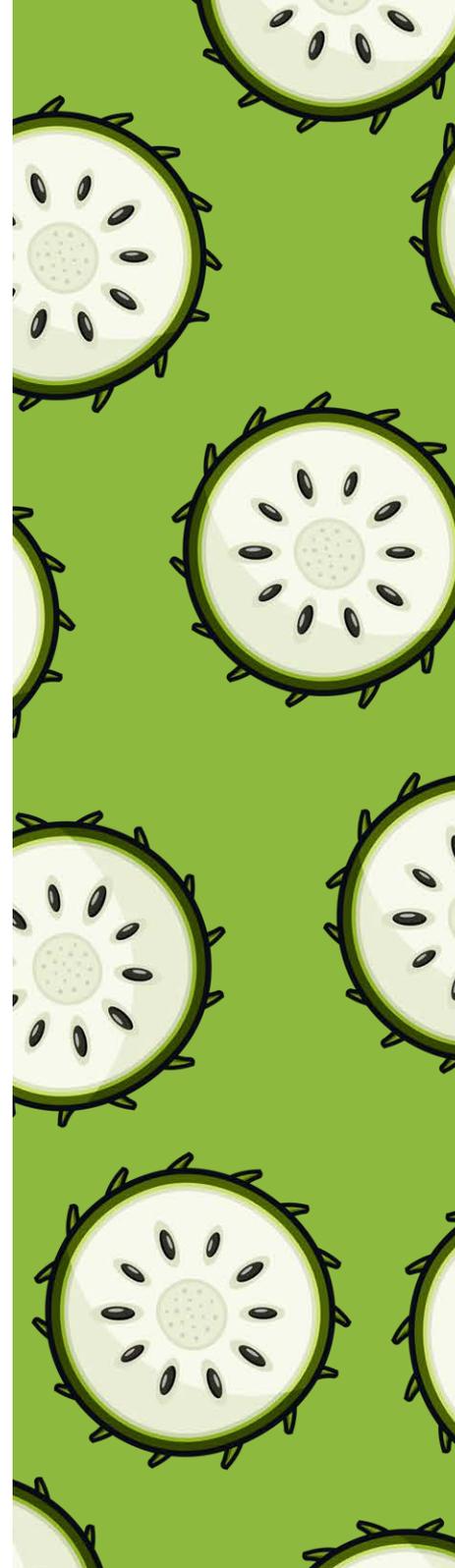
## HEALTH BENEFITS

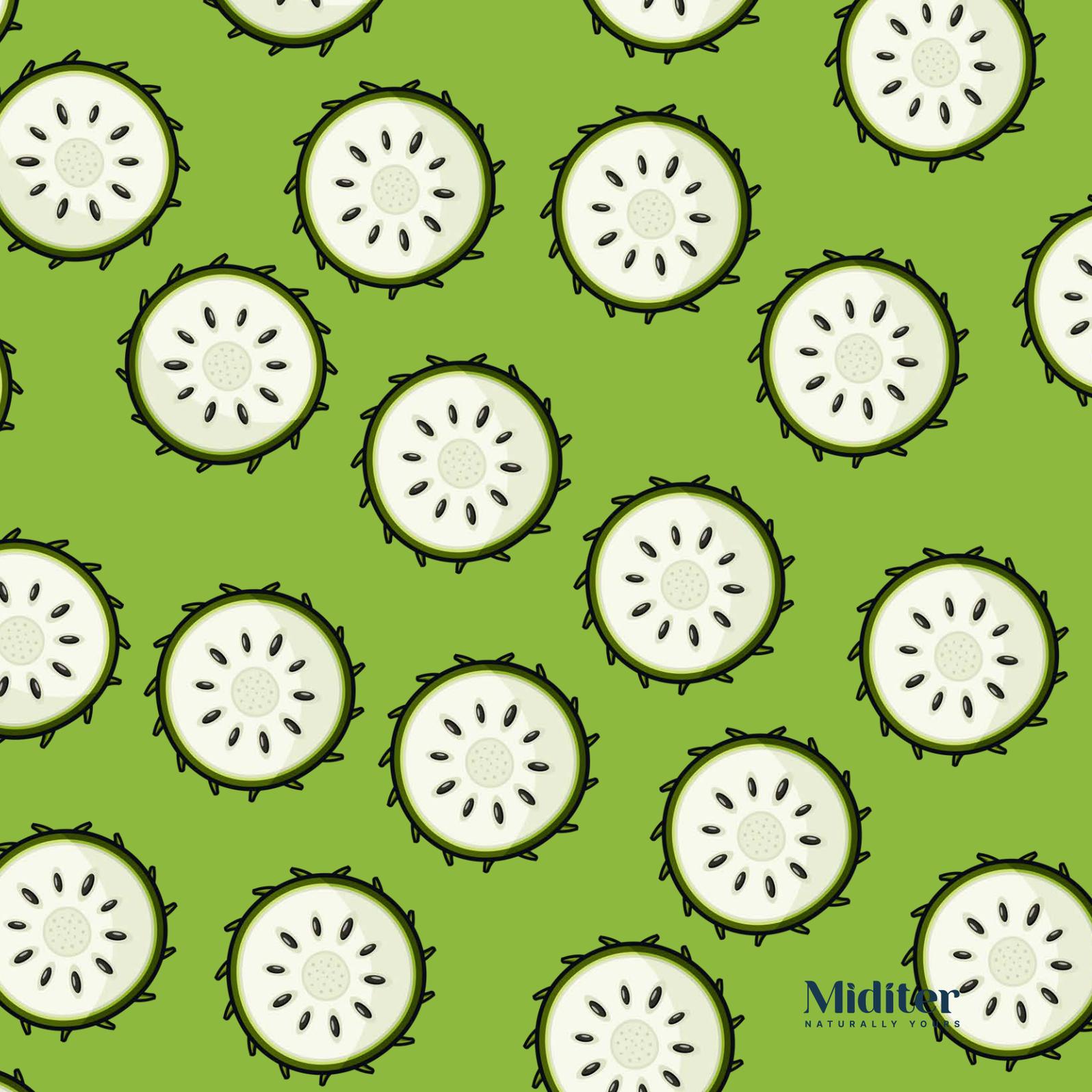
Packed with several vitamins and minerals, Soursop offers many health benefits, from fighting cancer cells to supporting digestion and controlling blood sugar levels.

## NUTRIENT COMPOSITION

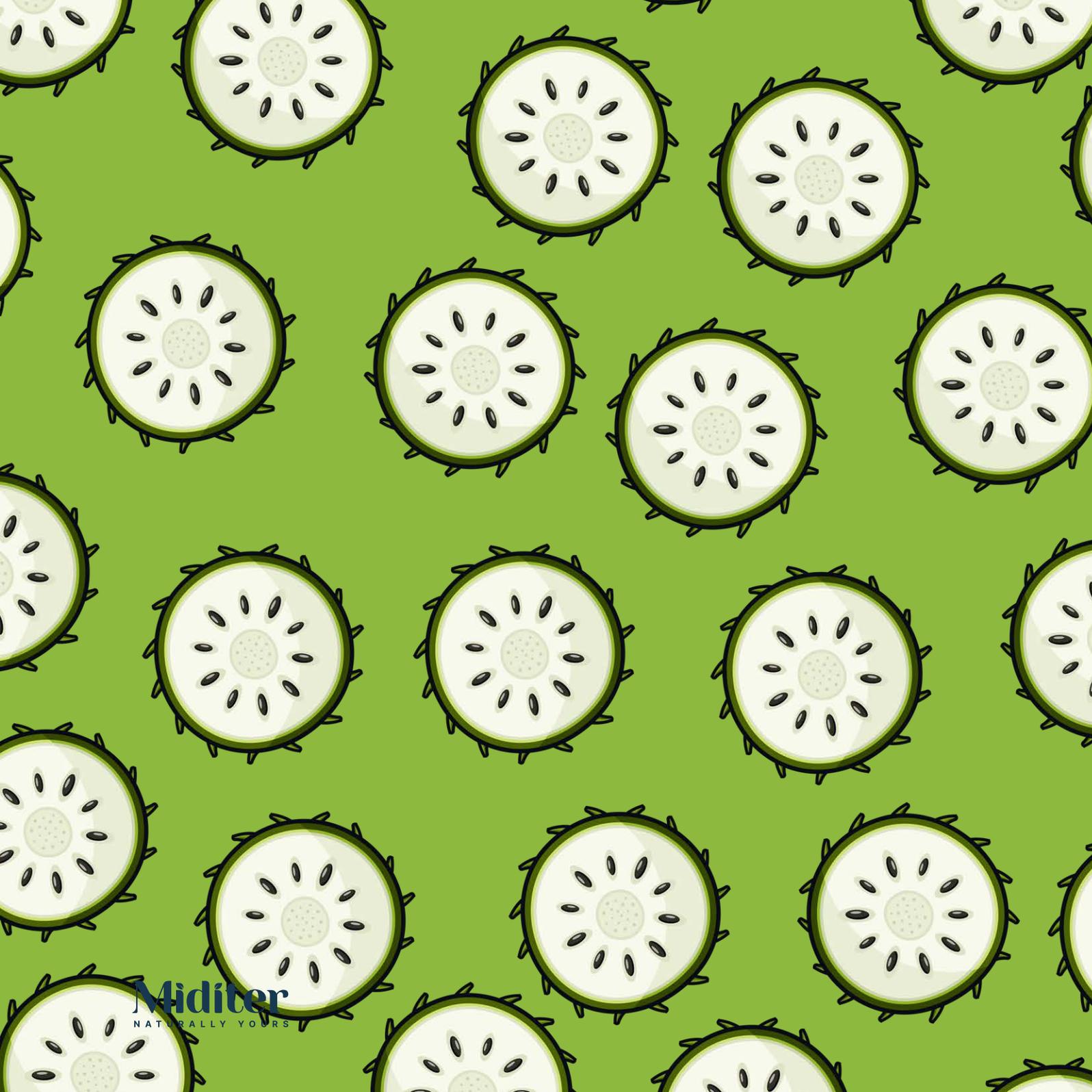
A true superfood, soursop is rich in essential nutrients, including calcium, iron, and vitamin C, making it a valuable addition to any diet.

Discover the magic of soursop and indulge in nature's bounty with every bite.

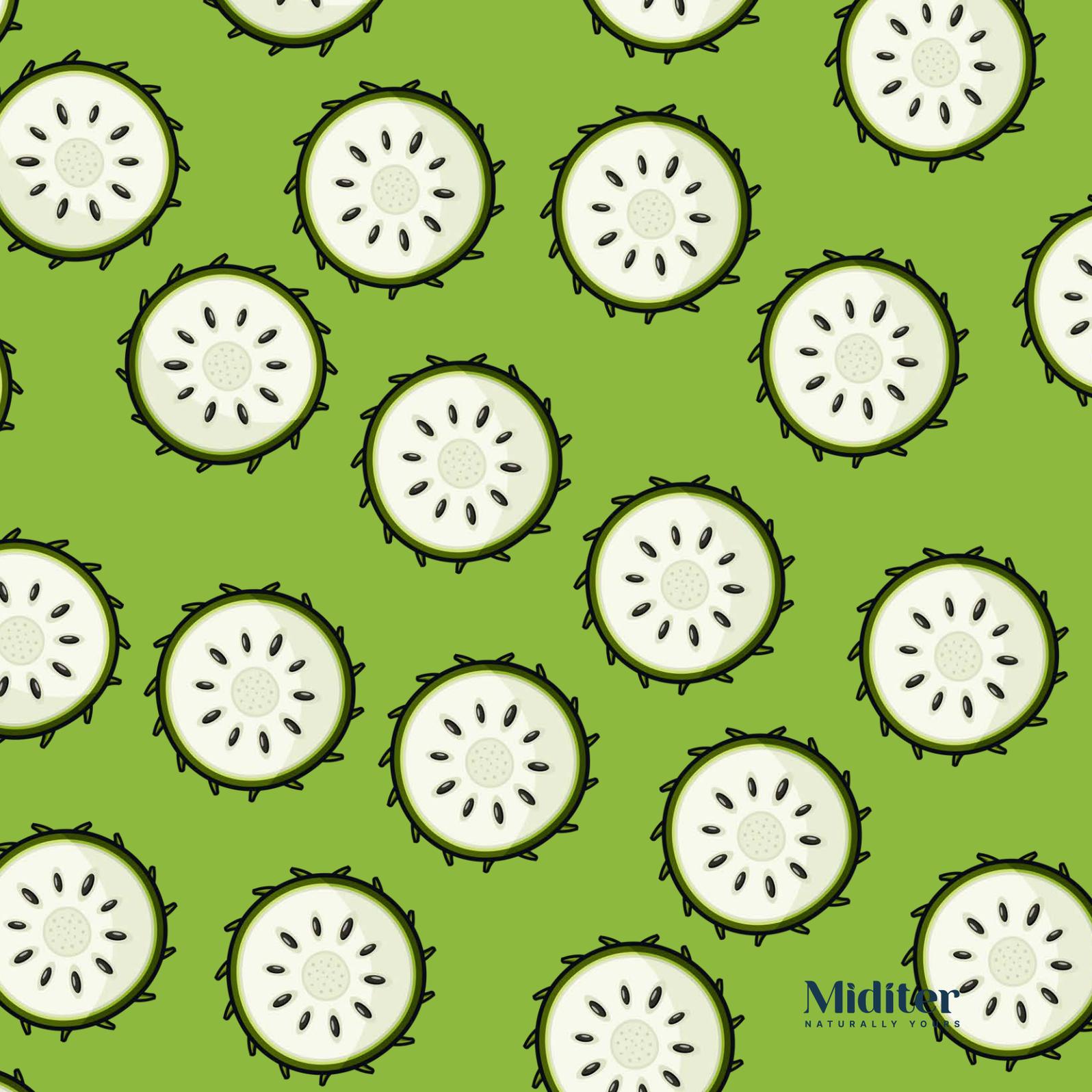




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## Contact Us

No 65, Jethawana Road,  
Colombo 14.  
Sri Lanka

 (+94) 76 644 7803



[www.miditer.com/](http://www.miditer.com/)

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