

Miditer
NATURALLY YOURS

WOOD APPLE







INTRODUCTION TO **WOOD APPLE**

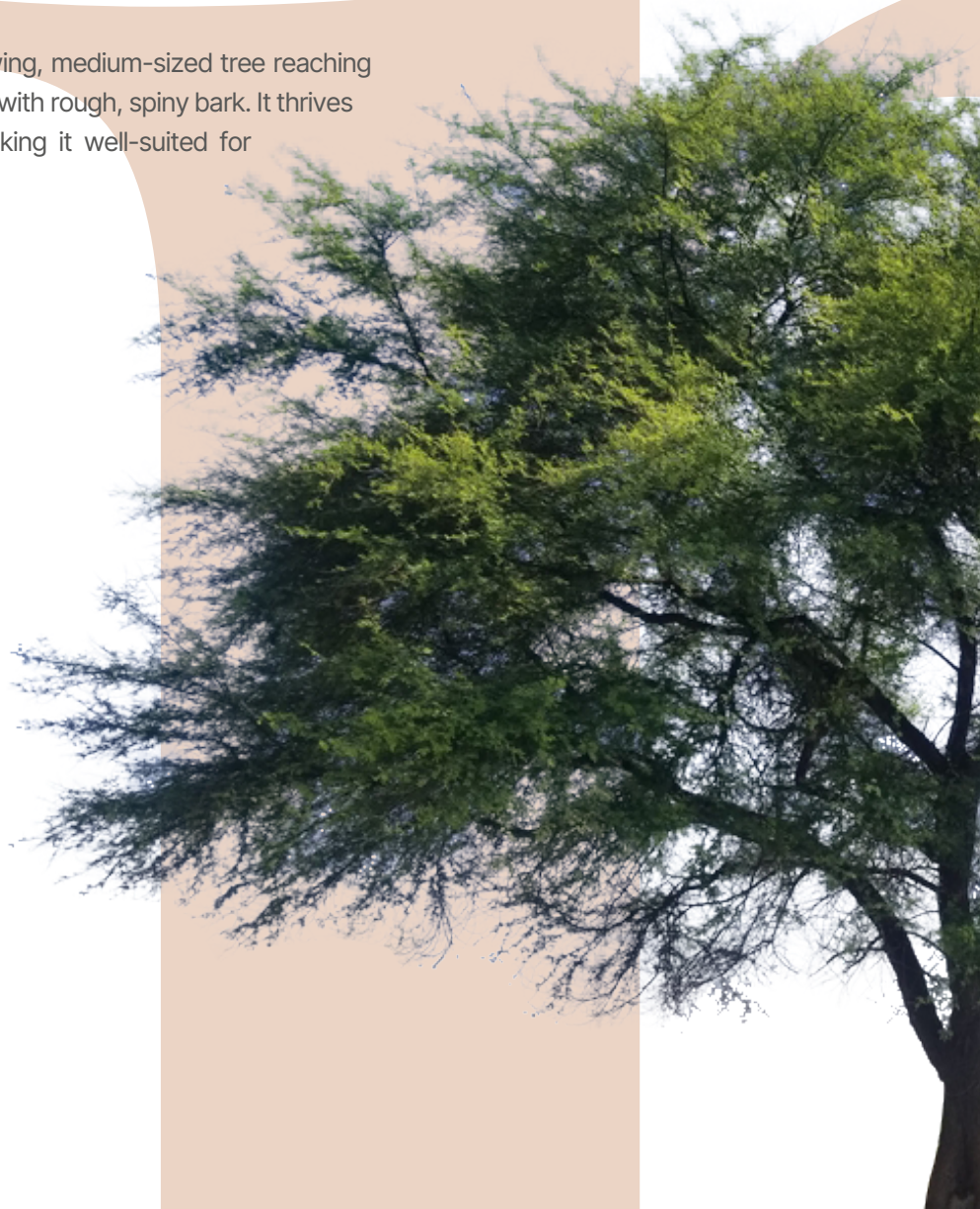
Origin :	South Asia & Southeast Asia.
Names :	Known as “Divul” in Sri Lanka. Other names are “Elephant Apple, Monkey Fruit”.
Unique Feature :	The combination of its extremely hard exterior and rich, flavourful pulp inside.

Wood apple (*Limonia acidissima*), is a tropical fruit-bearing tree belonging to the Rutaceae family. It is popular in regions with harsh climates and is commonly found in Sri Lanka.



THE WOOD APPLE TREE

Wood apple is a slow-growing, medium-sized tree reaching up to 9–15 meters in height with rough, spiny bark. It thrives in dry, arid conditions, making it well-suited for tropical climates.



WOOD APPLE FLOWERS

During the flowering season, wood apple trees bloom with dull-red or greenish-white bisexual flowers, which are typically ½ inch wide and borne in small, loose, terminal or lateral panicles.



PROPAGATION

Wood apple trees are mainly grown from seedlings, which take around 15 years to fruit. They can also be propagated by root cuttings or air-layering, and vegetatively propagated trees flower in 3 years.



LEAVES

Wood apple leaves are pinnate and are often evergreen or dark green, with 5 to 7 leaflets, with a slight lemon or citrus scent when crushed. Wood apple leaves contain high amounts of tannins, an oil known to have astringent properties.



EXTERIOR APPEARANCE

The wood apple fruit is small to medium, averaging 5 to 12 centimetres in diameter and round, with a hard, woody, speckled grey-brown or light brown shell.



INTERIOR STRUCTURE AND FRUIT COMPOSITION

Wood Apple has a soft, brownish-orange pulp that has a distinctive flavor and is a combination of sweet, sour, and astringent. It has a strong aromatic and slightly acidic fragrance with a slightly gritty texture. Its flesh ranges in colour from ivory to yellow when young, transitioning into an orange-brown or dark brown when ripe with white seeds scattered through it.



MATURITY SIGNS AND HARVESTING

The peak season for wood apples is usually from July through September in Sri Lanka. A mature wood apple that is ready to be harvested can be identified by its distinct aroma and the slight loosening of the shell from its pulp.



USES OF **WOOD APPLE**

Wood apples are versatile! They can often be consumed fresh, made into juices, jams, and chutneys, or used in desserts. It is frequently added to soup-like dishes and served as a fresh pickle side dish as well. Beyond that, wood apple pulp is used in traditional medicine, and the shell can be crafted into decorative items.



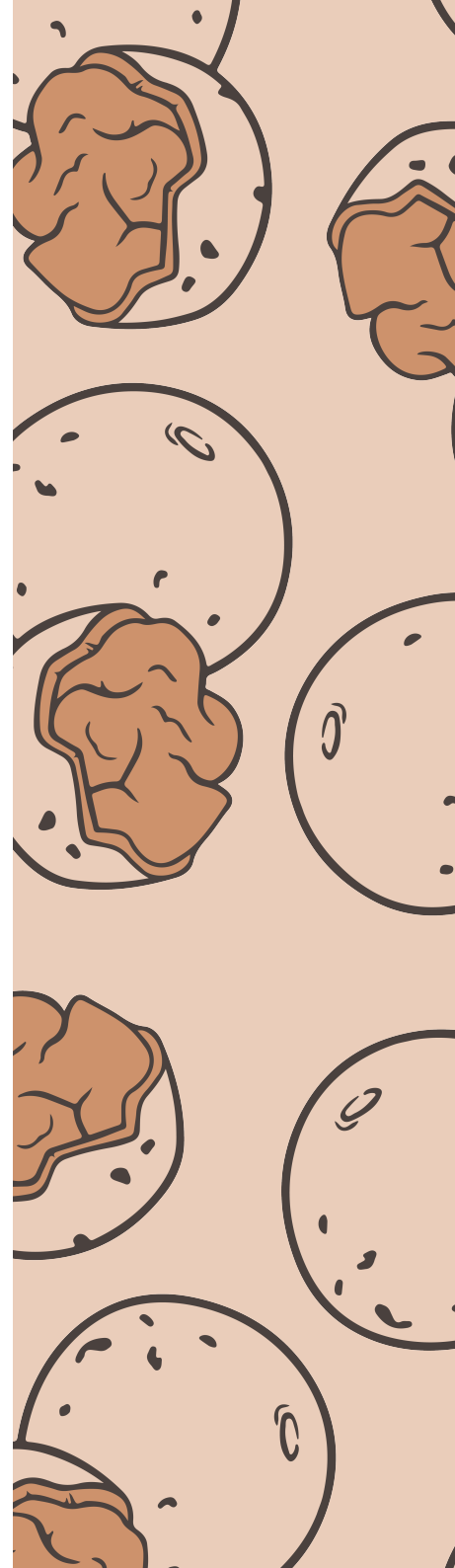
HEALTH BENEFITS

Wood apple is highly nutritious and offers numerous health benefits. Wood apple aids in digestion, boosts immunity, improves skin health, and manages diabetes and asthma in addition to its beneficial biological properties such as anti-diabetic, anti-cancer, antioxidant, and antiinflammatory.

NUTRIENT COMPOSITION

Wood apple is a nutritional powerhouse packed with fibre, essential minerals, and antioxidants. Its pulp is rich in vitamin A, B & C, flavonoids, calcium, phosphorus, iron, potassium, and is abundant in beta-carotene, supporting overall health and vitality. The fruit is low in fat and calories, making it a healthy addition to the diet.

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









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