FRUITS ***(Continued from Pulses section)***
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COMMUNITY FOOD SYSTEM DATA TABLE # 121

Food category: Fruits
Scientific identification:
Achras sapota
Local name & other common names:
sapota, Sapota (English)
Part(s) used: Fruit
Preparation: Eaten when ripe.

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit, ripe
Moisture, g	73.7
Energy, Kcal	98
Protein, g	0.7
Fat, g	1.1
Carbohydrate, g	21.4
Fiber, g	2.6
Ash, g	0.5
Vitamin A, RE-µg	4.0
Vitamin A, RAE-µg	8.1
Beta carotene, µg	-
Total carotene, µg	97
Vitamin C, mg	6.0
Thiamin, mg	0.02
Riboflavin, mg	0.03
Niacin, mg	0.2
Folate, µg	-
Zinc, mg	-
Iron, mg	1.3
Calcium, mg	28
Phosphorus, mg	27

--- = not analyzed

Wild or cultivated: Cultivated
Home harvested, collected or purchased: Purchased
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Unknown
Reference: Nutritive Value of Indian foods. 2002. S no 303 (ref # 2).
Code: 2297

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium	*		
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 122

Food category: Fruits
Scientific identification:
Aegle marmelos
Local name & other common names:
maredu, Beal fruit (English)
Part(s) used: Fruit
Preparation: Eaten raw

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit, ripe
Moisture, g	61.5
Energy, Kcal	137
Protein, g	1.8
Fat, g	0.3
Carbohydrate, g	31.8
Fiber, g	2.9
Ash, g	1.7
Vitamin A, RE-µg	2.3
Vitamin A, RAE-µg	4.6
Beta carotene, µg	-
Total carotene, µg	55
Vitamin C, mg	8.0
Thiamin, mg	0.13
Riboflavin, mg	0.03
Niacin, mg	1.1
Folate, µg	-
Zinc, mg	-
Iron, mg	0.6
Calcium, mg	85
Phosphorus, mg	50

--- = not analyzed

Wild or cultivated: Wild
Home harvested, collected or purchased: Home harvested/collected.
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: The juice from this fruit is said to have hypoglycemic properties.
Reference: Nutritive value of Indian foods. 2002. S no 244 (ref # 2).
Code: 2272

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium			
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 123

Food category: Fruit
Scientific identification:
Anacardium occidentale
Local name & other common names:
jeedi pandu, Cashew fruit (English)
Part(s) used: Fruit and seed
Preparation: Fruit is eaten when ripe

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit, ripe
Moisture, g	86.3
Energy, Kcal	51
Protein, g	0.2
Fat, g	0.1
Carbohydrate, g	12.3
Fiber, g	0.9
Ash, g	0.2
Vitamin A, RE-µg	1
Vitamin A, RAE-µg	1.9
Beta carotene, µg	-
Total carotene, µg	23
Vitamin C, mg	180
Thiamin, mg	0.02
Riboflavin, mg	0.05
Niacin, mg	0.4
Folate, µg	-
Zinc, mg	-
Iron, mg	0.2
Calcium, mg	10
Phosphorus, mg	10

--- = not analyzed

Wild or cultivated: Wild/Cultivated
Home harvested, collected or purchased: Both
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Good energy source. Seed has high economic value.
Reference: Nutritive value of Indian foods. 2002. S no 251 (ref # 2).
Code: 2275

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium	*	*	
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 124

Food category: Fruits
Scientific identification:
Annona reticulata
Local name & other common names:
ramaphal, Bullock's heart (English)
Part(s) used: Fruit
Preparation: Eaten when ripe.

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit, ripe
Moisture, g	76.8
Energy, Kcal	70
Protein, g	1.4
Fat, g	0.2
Carbohydrate, g	15.7
Fiber, g	5.2
Ash, g	0.7
Vitamin A, RE-µg	2.8
Vitamin A, RAE-µg	5.6
Beta carotene, µg	-
Total carotene, µg	67
Vitamin C, mg	5.0
Thiamin, mg	-
Riboflavin, mg	0.07
Niacin, mg	0.60
Folate, µg	-
Zinc, mg	-
Iron, mg	0.6
Calcium, mg	10
Phosphorus, mg	10

--- = not analyzed

Wild or cultivated: Wild
Home harvested, collected or purchased: Collected/Purchased.
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Rare fruit.
Reference: Nutritive value of Indian foods. 2002. S no 249 (ref # 2).
Code: 2274

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium			
Low	*		
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 125

Food category: Fruits
Scientific identification:
Annona squamosa
Local name & other common names:
sitaphel, Custard apple (English)
Part(s) used: Fruit
Preparation: Eaten when ripe.

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit, ripe
Moisture, g	70.5
Energy, Kcal	104
Protein, g	1.6
Fat, g	0.4
Carbohydrate, g	23.5
Fiber, g	3.1
Ash, g	0.9
Vitamin A, RE-µg	-
Vitamin A, RAE-µg	-
Beta carotene, µg	-
Total carotene, µg	0
Vitamin C, mg	37.0
Thiamin, mg	0.07
Riboflavin, mg	0.17
Niacin, mg	1.3
Folate, µg	-
Zinc, mg	-
Iron, mg	4.3
Calcium, mg	17
Phosphorus, mg	47

--- = not analyzed

Wild or cultivated: Wild
Home harvested, collected or purchased: Collected
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Very good, sweet and delicious. Has medicinal value against fever. Garmi.
Reference: Nutritive Value of Indian foods. 2002. S no 304 (ref # 2).
Code: 2298

Seasonality and use†

Use	Winter	Summer	Rainy
High			
Medium	*		*
Low			
None			

†Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 126

Food category: Fruit
Scientific identification:
Artocarpus heterophyllus
Local name & other common names:
panasa, Jackfruit (English)
Part(s) used: Fruit
Preparation: Eaten when ripe.

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit, ripe
Moisture, g	76.2
Energy, Kcal	88
Protein, g	1.9
Fat, g	0.1
Carbohydrate, g	19.8
Fiber, g	1.1
Ash, g	0.9
Vitamin A, RE-µg	53
Vitamin A, RAE-µg	27
Beta carotene, µg	130
Total carotene, µg	510
Vitamin C, mg	7.0
Thiamin, mg	0.03
Riboflavin, mg	0.13
Niacin, mg	0.4
Folate, µg	-
Zinc, mg	-
Iron, mg	0.6
Calcium, mg	20
Phosphorus, mg	41

--- = not analyzed

Wild or cultivated: Cultivated
Home harvested, collected or purchased: Purchased
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Good fruit
Reference: Nutritive value of Indian foods. 2002. S no 264 (ref # 2).
Code: 2282

Seasonality and use†

Use	Winter	Summer	Rainy
High			
Medium	*		*
Low			
None			

†Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 127

Food category: Fruits
Scientific identification:
Bassia longifolia
Local name & other common names:
ippa, Mahua (English)
Part(s) used: Fruit and flower
Preparation: Eaten when ripe and juiced.

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit, ripe
Moisture, g	75.6
Energy, Kcal	111
Protein, g	1.4
Fat, g	1.6
Carbohydrate, g	22.7
Fiber, g	-
Ash, g	0.7
Beta carotene, µg	-
Total carotene, µg	307
Vitamin C, mg	40
Thiamin, mg	-
Riboflavin, mg	-
Niacin, mg	-
Folate, µg	-
Zinc, mg	-
Iron, mg	0.2
Calcium, mg	45
Phosphorus, mg	22

--- = not analyzed

Wild or cultivated: Wild
Home harvested, collected or purchased: Home harvested.
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Its juice is popular. The flower is used to make a type of drink which is slightly sedative and has medicinal properties both for humans and animals.
Reference: Nutritive value of Indian foods. 2002. S no 277 (ref # 2).
Code: 2287

Seasonality and use†

Use	Winter	Summer	Rainy
High			
Medium		*	
Low			
None			

†Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 128

Food category: Fruits
Scientific identification:
Buchanania latifolia
Local name & other common names:
morri pandlu
Part(s) used: Fruit and seed
Preparation: Eaten when ripe

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit, ripe
Moisture, g	74.3
Energy, Kcal	94
Protein, g	2.2
Fat, g	0.8
Carbohydrate, g	19.5
Fiber, g	1.5
Ash, g	1.7
Beta carotene, µg	-
Total carotene, µg	-
Vitamin C, mg	-
Thiamin, mg	-
Riboflavin, mg	-
Niacin, mg	-
Folate, µg	-
Zinc, mg	-
Iron, mg	-
Calcium, mg	78
Phosphorus, mg	28

--- = not analyzed

Wild or cultivated: Wild
Home harvested, collected or purchased: Home harvested
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Seed has market value. Latex has medicinal value.
Reference: Nutritive value of Indian foods. 2002. S no578 (ref # 2).
Code: n/a

Seasonality and use†

Use	Winter	Summer	Rainy
High			
Medium		*	
Low			
None			

†Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 129

Food category: Fruits
Scientific identification:
Carica papaya
Local name & other common names:
poppadu pandu, Papaya (English)
Part(s) used: Fruit
Preparation: Eaten when ripe.

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit, ripe
Moisture, g	90.8
Energy, Kcal	32
Protein, g	0.6
Fat, g	0.1
Carbohydrate, g	7.2
Fiber, g	0.8
Ash, g	0.5
Vitamin A, RE-µg	457
Vitamin A, RAE-µg	228
Beta carotene, µg	880
Total carotene, µg	2740
Vitamin C, mg	57
Thiamin, mg	0.04
Riboflavin, mg	0.25
Niacin, mg	0.2
Folate, µg	-
Zinc, mg	-
Iron, mg	0.5
Calcium, mg	17
Phosphorus, mg	13

--- = not analyzed

Wild or cultivated: Cultivated
Home harvested, collected or purchased: Purchased
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Hot food, so pregnant women do not eat it. Good source of vitamin A. Purugu champuthadi, mandulaku vasthadi. Asku saalava nu gujesthadi, palu ajjakari ki pettali.
Reference: Nutritive Value of Indian foods. 2002. S no 287 (ref # 2).
Code: 2293

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium	*	*	*
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 130

Food category: Fruits
Scientific identification:
Catunoregum spinosa
Local name & other common names:
balusuku
Part(s) used: Fruit
Preparation: Eaten when ripe

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit, ripe
Moisture, g	-
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Fiber, g	-
Ash, g	-
Vitamin A, RE-µg	35.36
Vitamin A, RAE-µg	17.68
Beta carotene, µg	19.86
Total carotene, µg	404.49
Vitamin C, mg	-
Thiamin, mg	-
Riboflavin, mg	-
Niacin, mg	-
Folate, µg	-
Zinc, mg	-
Iron, mg	-
Calcium, mg	-
Phosphorus, mg	-

--- = not analyzed

Wild or cultivated: Wild
Home harvested, collected or purchased: Home harvested
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Leaf is good fodder and its branches are good fire wood when dried. Panchami pandugu ku vasthadi.
Reference: Nutritive value from NIN analysis, UCF project 2002-2003 (ref # 3)
Code: n/a

Seasonality and use†

Use	Winter	Summer	Rainy
High			
Medium			*
Low			
None			

†Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

Photograph by Salome Yesudas

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COMMUNITY FOOD SYSTEM DATA TABLE # 131

Food category: Fruits
Scientific identification:
Citrullus vulgaris
Local name & other common names:
tarbuja, Watermelon (English)
Part(s) used: Fruit
Preparation: Eaten when ripe.

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit, ripe
Moisture, g	95.8
Energy, Kcal	16
Protein, g	0.2
Fat, g	0.2
Carbohydrate, g	3.3
Fiber, g	0.2
Ash, g	0.3
Beta carotene, µg	-
Total carotene, µg	0
Vitamin C, mg	1.0
Thiamin, mg	0.02
Riboflavin, mg	0.04
Niacin, mg	0.1
Folate, µg	-
Zinc, mg	-
Iron, mg	7.9
Calcium, mg	11
Phosphorus, mg	12

--- = not analyzed

Wild or cultivated: Cultivated
Home harvested, collected or purchased: Purchased
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Contains a lot of water. Good source of potassium.
Reference: Nutritive value of Indian foods. 2002. S no 281 (ref # 2).
Code: 2290

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium		*	
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 132

Food category: Fruits
Scientific identification:
Citrus aurantifolia
Local name & other common names:
nimma, Lime
Part(s) used: Fruit
Preparation: Eaten when ripe, pickled or juiced.

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit, ripe
Moisture, g	84.6
Energy, Kcal	59
Protein, g	1.5
Fat, g	1.0
Carbohydrate, g	10.9
Fiber, g	1.3
Ash, g	0.7
Beta carotene, µg	-
Total carotene, µg	15
Vitamin C, mg	63.0
Thiamin, mg	0.02
Riboflavin, mg	0.03
Niacin, mg	0.1
Folate, µg	-
Zinc, mg	-
Iron, mg	0.3
Calcium, mg	90
Phosphorus, mg	20

--- = not analyzed

Wild or cultivated: Cultivated
Home harvested, collected or purchased: Purchased
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Machici/Good food for all people. Karam pedatharu
Reference: Nutritive value of Indian foods. 2002. S no 273 (ref # 2).
Code: 2285

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium	*	*	*
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 133

Food category: Fruits
Scientific identification:
Citrus aurantium
Local name & other common names:
santra, Orange (English)
Part(s) used: Fruit
Preparation: Eaten when ripe or juiced.

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit, ripe
Moisture, g	87.6
Energy, Kcal	48
Protein, g	0.7
Fat, g	0.2
Carbohydrate, g	10.9
Fiber, g	0.3
Ash, g	0.3
Vitamin A, RE-µg	203
Vitamin A, RAE-µg	101
Beta carotene, µg	190
Total carotene, µg	2240
Vitamin C, mg	30.0
Thiamin, mg	-
Riboflavin, mg	-
Niacin, mg	-
Folate, µg	-
Zinc, mg	-
Iron, mg	0.3
Calcium, mg	26
Phosphorus, mg	20

--- = not analyzed

Wild or cultivated: Cultivated
Home harvested, collected or purchased: Purchased
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Unknown
Reference: Nutritive Value of Indian foods. 2002. S no 283 (ref # 2).
Code: 2292

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium	*		
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 134

Food category: Fruits
Scientific identification:
Citrus sinensis
Local name & other common names:
musambi, Sweet lime (English)
Part(s) used: Fruit
Preparation: Eaten when ripe.

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit, ripe
Moisture, g	88.4
Energy, Kcal	43
Protein, g	0.8
Fat, g	0.3
Carbohydrate, g	9.3
Fiber, g	0.5
Ash, g	0.7
Vitamin A, RE-µg	0
Vitamin A, RAE-µg	-
Beta carotene, µg	-
Total carotene, µg	0
Vitamin C, mg	50
Thiamin, mg	-
Riboflavin, mg	-
Niacin, mg	0
Folate, µg	-
Zinc, mg	-
Iron, mg	0.7
Calcium, mg	40
Phosphorus, mg	30

--- = not analyzed

Wild or cultivated: Cultivated
Home harvested, collected or purchased: Purchased
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Unknown
Reference: Nutritive value of Indian foods. 2002. S no 274 (ref # 2).
Code: 2286

Seasonality and use†

Use	Winter	Summer	Rainy
High			
Medium	*		
Low			
None			

†Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 135

Food category: Fruits
Scientific identification:
Cucumis melo
Local name & other common names:
kharbuja, Musk melon (English)
Part(s) used: Fruit
Preparation: Eaten when ripe

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit, ripe
Moisture, g	95.2
Energy, Kcal	17
Protein, g	0.3
Fat, g	0.2
Carbohydrate, g	3.5
Fiber, g	0.4
Ash, g	0.4
Vitamin A, RE-µg	-
Vitamin A, RAE-µg	-
Beta carotene, µg	-
Total carotene, µg	169
Vitamin C, mg	26
Thiamin, mg	0.11
Riboflavin, mg	0.08
Niacin, mg	0.3
Folate, µg	-
Zinc, mg	-
Iron, mg	1.4
Calcium, mg	32
Phosphorus, mg	14

--- = not analyzed

Wild or cultivated: Cultivated
Home harvested, collected or purchased: Purchased
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Delicious
Reference: Nutritive value of Indian foods. 2002. S no 280 (ref # 2).
Code: 2289

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium	*	*	
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 136

Food category: Fruits
Scientific identification:
Embilica officinale
Local name & other common names:
userikayi, amla, Indian gooseberry (English)
Part(s) used: Fruit
Preparation: Eaten raw or as pickles

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit, raw
Moisture, g	81.8
Energy, Kcal	58
Protein, g	0.5
Fat, g	0.1
Carbohydrate, g	13.7
Fiber, g	3.4
Ash, g	0.5
Vitamin A, RE-µg	-
Vitamin A, RAE-µg	-
Beta carotene, µg	-
Total carotene, µg	9
Vitamin C, mg	600
Thiamin, mg	0.03
Riboflavin, mg	0.01
Niacin, mg	0.2
Folate, µg	-
Zinc, mg	-
Iron, mg	1.2
Calcium, mg	50
Phosphorus, mg	20

--- = not analyzed

Wild or cultivated: Wild
Home harvested, collected or purchased: Collected
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Very good for health/Pathaym dinusu, karamgestharu, podi kuda chedadhu. Can be preserved as pickles or dry powder.
Reference: Nutritive value of Indian foods. 2002. S no 239 (ref # 2).
Code: 2270

Seasonality and use†

Use	Winter	Summer	Rainy
High			
Medium	*		
Low			
None			

†Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 137

Food category: Fruits
Scientific identification:
Ficus carica
Local name & other common names:
anjuru, anjeer, Fig (English)
Part(s) used: Fruit
Preparation: Eaten when ripe

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit, ripe
Moisture, g	88.1
Energy, Kcal	37
Protein, g	1.3
Fat, g	0.2
Carbohydrate, g	7.6
Fiber, g	2.2
Ash, g	0.6
Vitamin A, RE-µg	-
Vitamin A, RAE-µg	-
Beta carotene, µg	-
Total carotene, µg	162
Vitamin C, mg	5.0
Thiamin, mg	0.06
Riboflavin, mg	0.05
Niacin, mg	0.6
Folate, µg	-
Zinc, mg	-
Iron, mg	1.0
Calcium, mg	80
Phosphorus, mg	30

--- = not analyzed

Wild or cultivated: Cultivated
Home harvested, collected or purchased: Purchased
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Good for health/Thabikithe aakulu karttukuntaru nethki.
Reference: Nutritive value of Indian foods. 2002. S no 256 (ref # 2).
Code: 2278

Seasonality and use†

Use	Winter	Summer	Rainy
High			
Medium	*		
Low			
None			

†Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 138

Food category: Fruits
Scientific identification:
Ficus glomerata
Local name & other common names:
medi pandlu, Cluster fig (English)
Part(s) used: Fruit
Preparation: Eaten when ripe

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit, ripe
Moisture, g	-
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Fiber, g	-
Ash, g	-
Vitamin A, RE-µg	3.6
Vitamin A, RAE-µg	1.8
Beta carotene, µg	5.4
Total carotene, µg	37.74
Vitamin C, mg	-
Thiamin, mg	-
Riboflavin, mg	-
Niacin, mg	-
Folate, µg	-
Zinc, mg	-
Iron, mg	-
Calcium, mg	-
Phosphorus, mg	-

--- = not analyzed

Wild or cultivated: Wild
Home harvested, collected or purchased: Collected
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Latex has medicinal value, wood has good value.
Reference: Nutritive value from NIN analysis, UCF project 2002-2003 (ref # 3).
Code: n/a

Seasonality and use†

Use	Winter	Summer	Rainy
High			
Medium			
Low			
None			

†Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

Photograph by Salome Yesudas

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COMMUNITY FOOD SYSTEM DATA TABLE # 139

Food category: Fruits
Scientific identification:
Grewia asiatica
Local name & other common names:
tada, thada, phalsa
Part(s) used: Fruit
Preparation: Eaten when ripe

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit, ripe
Moisture, g	80.8
Energy, Kcal	72
Protein, g	1.3
Fat, g	0.9
Carbohydrate, g	14.7
Fiber, g	1.2
Ash, g	1.1
Vitamin A, RE-µg	40
Vitamin A, RAE-µg	20
Beta carotene, µg	0
Total carotene, µg	481
Vitamin C, mg	22
Thiamin, mg	-
Riboflavin, mg	-
Niacin, mg	0.3
Folate, µg	-
Zinc, mg	-
Iron, mg	3.1
Calcium, mg	129
Phosphorus, mg	39

--- = not analyzed

Wild or cultivated: Wild
Home harvested, collected or purchased: Collected.
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Unknown
Reference: Nutritive Value of Indian foods. 2002. S no 293 (ref # 2).
Code: 2295

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium		*	
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

Photographer: Unknown

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COMMUNITY FOOD SYSTEM DATA TABLE # 140

Food category: Fruits
Scientific identification:
Latina camera
Local name & other common names:
kaki pandlu
Part(s) used: Fruit
Preparation: Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit
Moisture, g	-
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Fiber, g	-
Ash, g	-
Vitamin A, RE-µg	61.6
Vitamin A, RAE-µg	123.12
Beta carotene, µg	177.16
Total carotene, µg	1300.39
Vitamin C, mg	-
Thiamin, mg	-
Riboflavin, mg	-
Niacin, mg	-
Folate, µg	-
Zinc, mg	-
Iron, mg	-
Calcium, mg	-
Phosphorus, mg	-

Wild or cultivated: Wild
Home harvested, collected or purchased: Collected
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Fruit is delicious. Good fence, firewood and roofing material.
Reference: Nutritive value from NIN analysis, UCF project 2002-2003 (ref # 3).
Code: n/a

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium			*
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

Photograph by Salome Yesudas

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COMMUNITY FOOD SYSTEM DATA TABLE # 141

Food category: Fruit
Scientific identification*:*
Lycopersicon esculentum
Local name & other common names:
tamata pandu, Tomato (English)
Part(s) used: Fruit
Preparation: Eaten when ripe.

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit, ripe
Moisture, g	94
Energy, Kcal	20
Protein, g	0.9
Fat, g	0.2
Carbohydrate, g	3.6
Fiber, g	0.8
Ash, g	0.5
Vitamin A, RE-µg	300
Vitamin A, RAE-µg	150
Beta carotene, µg	590
Total carotene, µg	3010
Vitamin C, mg	27
Thiamin, mg	0.12
Riboflavin, mg	0.06
Niacin, mg	0.4
Folate, µg	30
Zinc, mg	-
Iron, mg	0.6
Calcium, mg	48
Phosphorus, mg	20

--- = not analyzed

Wild or cultivated: Wild/Gathered
Home harvested, collected or purchased: Purchased in the summer. Home harvested in the winter.
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Children enjoy it very much**.** Believed to be a good source of vitamin C.
Reference: Nutritive value of Indian foods. 2002. S no 306 (ref # 2).
Code: n/a

Seasonality and use†

Use	Winter	Summer	Rainy
High			
Medium	*	*	*
Low			
None			

†Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 142

Food category: Fruits
Scientific identification:
Malus sylvestris
Local name & other common names:
sepu, Apple (English)
Part(s) used: Fruit
Preparation: Eaten raw

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit, ripe
Moisture, g	84.6
Energy, Kcal	59
Protein, g	0.2
Fat, g	0.5
Carbohydrate, g	13.4
Fiber, g	1.0
Ash, g	0.3
Vitamin A, RE-µg	-
Vitamin A, RAE-µg	-
Beta carotene, µg	-
Total carotene, µg	0
Vitamin C, mg	1.0
Thiamin, mg	-
Riboflavin, mg	-
Niacin, mg	0
Folate, µg	-
Zinc, mg	-
Iron, mg	0.7
Calcium, mg	10
Phosphorus, mg	14

--- = not analyzed

Wild or cultivated: Unknown
Home harvested, collected or purchased: Purchased
Cost of production (if known): Very high (not local)
Importance value to the community by age/gender and other miscellaneous information: Considered as a prestigious food. Because of price regarded as a nutritious food.
Reference: Nutritive value of Indian foods. 2002. S no 240 (ref # 2).
Code: 2271

Seasonality and use†

Use	Winter	Summer	Rainy
High			
Medium	*		
Low			
None			

†Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 143

Food category: Fruits
Scientific identification:
Mangifera indica
Local name & other common names:
mamidi, Mango (English)
Part(s) used: Fruit
Preparation: Eaten when raw and ripe, juiced, pickled, or as a jam, etc...

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit, ripe
Moisture, g	81
Energy, Kcal	74
Protein, g	0.6
Fat, g	0.4
Carbohydrate, g	16.9
Fiber, g	0.7
Ash, g	0.4
Retinol, µg	-
Vitamin A, RE-µg	350
Vitamin A, RAE-µg	175
Beta carotene, µg	1990
Total carotene, µg	2210
Vitamin C, mg	16
Thiamin, mg	0.08
Riboflavin, mg	0.09
Niacin, mg	0.9
Folate, µg	-
Zinc, mg	-
Iron, mg	1.3
Calcium, mg	14
Phosphorus, mg	16

--- = not analyzed

Wild or cultivated: Cultivated
Home harvested, collected or purchased: Purchased.
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Very delicious. Believed to be a good source of vitamin A/Karam pedatharu.
Reference: Nutritive value of Indian foods. 2002. S no 278 (ref # 2).
Code: 2288

Seasonality and use†

Use	Winter	Summer	Rainy
High			
Medium		*	
Low			
None			

†Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 144

Food category: Fruits
Scientific identification:
Morus sp.
Local name & other common names:
sudi pandlu/thuthara pandlu, Mulberry (English)
Part(s) used: Fruit
Preparation: Eaten when ripe

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit, ripe
Moisture, g	86.5
Energy, Kcal	49
Protein, g	1.1
Fat, g	0.4
Carbohydrate, g	10.3
Fiber, g	1.1
Ash, g	0.6
Vitamin A, RE-µg	4.75
Vitamin A, RAE-µg	2.38
Beta carotene, µg	-
Total carotene, µg	57
Vitamin C, mg	12
Thiamin, mg	0.04
Riboflavin, mg	0.13
Niacin, mg	0.5
Folate, µg	-
Zinc, mg	-
Iron, mg	2.3
Calcium, mg	70
Phosphorus, mg	30

--- = not analyzed

Wild or cultivated: Wild
Home harvested, collected or purchased: Collected
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Unknown
Reference: Nutritive value of Indian foods. 2002. S no 282 (ref # 2).
Code: 2291

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium	*		
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 145

Food category: Fruit
Scientific identification:
Musa paradisiaca
Local name & other common names:
areti pandu, Banana (English)
Part(s) used: Fruit
Preparation: Eaten when ripe

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit, ripe
Moisture, g	70.1
Energy, Kcal	116
Protein, g	1.2
Fat, g	0.3
Carbohydrate, g	27.2
Fiber, g	0.4
Ash, g	0.8
Vitamin A, RE-µg	6.5
Vitamin A, RAE-µg	3.3
Beta carotene, µg	-
Total carotene, µg	78
Vitamin C, mg	7.0
Thiamin, mg	0.05
Riboflavin, mg	0.08
Niacin, mg	0.5
Folate, µg	-
Zinc, mg	-
Iron, mg	0.4
Calcium, mg	17
Phosphorus, mg	36

--- = not analyzed

Wild or cultivated: Cultivated (but not locally)
Home harvested, collected or purchased: Purchased
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Good source of energy for small children. Not cultivated locally but very cheap and highly popular fruit.
Reference: Nutritive value of Indian foods. 2002. S no 245 (ref # 2).
Code: 2273

Seasonality and use[†]

Use	Winter	Summer	Rainy
High	*	*	*
Medium			
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 146

Food category: Fruits
Scientific identification:
Passiflora edulis
Local name & other common names:
passion fruit, Passion fruit (English)
Part(s) used: Fruit
Preparation: Eaten when ripe

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit, ripe
Moisture, g	76.3
Energy, Kcal	54
Protein, g	0.9
Fat, g	0.1
Carbohydrate, g	12.4
Fiber, g	9.6
Ash, g	0.7
Vitamin A, RE-µg	4.5
Vitamin A, RAE-µg	2.3
Beta carotene, µg	-
Total carotene, µg	54
Vitamin C, mg	25
Thiamin, mg	0.07
Riboflavin, mg	0.14
Niacin, mg	1.6
Folate, µg	-
Zinc, mg	-
Iron, mg	2.0
Calcium, mg	10
Phosphorus, mg	60

--- = not analyzed

Wild or cultivated: Cultivated
Home harvested, collected or purchased: Purchased
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Hot food, so pregnant women do not eat. Good source of vitamin A.
Reference: Nutritive Value of Indian foods. 2002. S no 288 (ref # 2).
Code: 2294

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium	*	*	*
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 147

Food category: Fruits
Scientific identification:
Phoenix dactylifera
Local name & other common names:
khajoor pandu, Dried dates (English)
Part(s) used: Fruit
Preparation: The fruit is eaten when ripe or dried

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit, dried
Moisture, g	15.3
Energy, Kcal	317
Protein, g	2.5
Fat, g	0.4
Carbohydrate, g	75.8
Fiber, g	3.9
Ash, g	2.1
Vitamin A, RE- µg	2.16
Vitamin A, RAE- µg	1.1
Beta carotene, µg	-
Total carotene, µg	26
Vitamin C, mg	3
Thiamin, mg	0.01
Riboflavin, mg	0.02
Niacin, mg	0.9
Folate, µg	-
Zinc, mg	-
Iron, mg	7.3
Calcium, mg	120
Phosphorus, mg	50

--- = not analyzed

Wild or cultivated: Both
Home harvested, collected or purchased: Collected/Purchased.
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Good energy source. Mandulaku panisthdi/Medicinal.
Reference: Nutritive value of Indian foods. 2002. S no 254 (ref # 2).
Code: 2276

Seasonality and use†

Use	Winter	Summer	Rainy
High			
Medium	*	*	
Low			
None			

†Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 148

Food category: Fruits
Scientific identification:
Phoenix dactylifera
Local name & other common names:
kharjoor pandu, Fresh dates (English)
Part(s) used: Fruit
Preparation: The fruit is eaten when ripe

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit, fresh
Moisture, g	59.2
Energy, Kcal	144
Protein, g	1.2
Fat, g	0.4
Carbohydrate, g	33.8
Fiber, g	3.7
Ash, g	1.7
Vitamin A, RE- µg	245.8
Vitamin A, RAE- µg	123
Beta carotene, µg	-
Total carotene, µg	2950
Vitamin C, mg	-
Thiamin, mg	-
Riboflavin, mg	-
Niacin, mg	-
Folate, µg	-
Zinc, mg	-
Iron, mg	0.96
Calcium, mg	22
Phosphorus, mg	38

--- = not analyzed

Wild or cultivated: Both
Home harvested, collected or purchased: Collected/Purchased.
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Good energy source. The seed has high economic value.
Reference: Nutritive value of Indian foods. 2002. S no 255 (ref # 2).
Code: 2277

Seasonality and use†

Use	Winter	Summer	Rainy
High			
Medium	*	*	
Low			
None			

†Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 149

Food category: Fruits
Scientific identification:
Phoenix sylvestris
Local name & other common names:
itha, Palm tree (English)
Part(s) used: Fruit
Preparation: Eaten when ripe

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit, ripe
Moisture, g	-
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Fiber, g	-
Retinol, µg	-
Vitamin A, RE- µg	49.0
Vitamin A, RAE- µg	24.5
Beta carotene, µg	191.22
Total carotene, µg	396.81
Vitamin C, mg	-
Thiamin, mg	-
Riboflavin, mg	-
Niacin, mg	-
Folate, µg	-
Zinc, mg	-
Iron, mg	-
Calcium, mg	-
Phosphorus, mg	-

--- = not analyzed

Wild or cultivated: Wild
Home harvested, collected or purchased: Collected
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: From sap neera is made, famous alcoholic drink.
Reference: Nutritive value from NIN analysis, UCF project 2002-2003 (ref # 3).
Code: n/a

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium		*	
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 150

Food category: Fruits
Scientific identification:
Pithecellobium duke
Local name & other common names:
seema chintha, karukkapalli, Manila Tamarind (English)
Part(s) used: Fruit
Preparation: Eaten when ripe

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit, ripe
Moisture, g	79.2
Energy, Kcal	78
Protein, g	2.7
Fat, g	0.4
Carbohydrate, g	16.0
Fiber, g	1.0
Ash, g	0.7
Vitamin A, RE- µg	-
Vitamin A, RAE- µg	-
Beta carotene, µg	-
Total carotene, µg	0
Vitamin C, mg	108
Thiamin, mg	0.22
Riboflavin, mg	0.06
Niacin, mg	1.6
Folate, µg	-
Zinc, mg	-
Iron, mg	1.0
Calcium, mg	14
Phosphorus, mg	49

--- = not analyzed

Wild or cultivated: Wild
Home harvested, collected or purchased: Collected
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Manchidi/Good food
Reference: Nutritive value of Indian foods. 2002. S no 267 (ref # 2).
Code: 2284

Seasonality and use†

Use	Winter	Summer	Rainy
High			
Medium	*	*	
Low			
None			

†Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 151

Food category: Fruit
Scientific identification:
`Psidium guajava
Local name & other common names:
jama, Guava (English)
Part(s) used: Fruit
Preparation: Eaten when ripe

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit, ripe
Moisture, g	83.7
Energy, Kcal	51
Protein, g	0.9
Fat, g	0.3
Carbohydrate, g	11.2
Fiber, g	5.2
Ash, g	0.7
Vitamin A, RE- µg	4.24
Vitamin A, RAE- µg	2.12
Beta carotene, µg	1*
Total carotene, µg	50*
Vitamin C, mg	212
Thiamin, mg	0.03
Riboflavin, mg	0.03
Niacin, mg	0.4
Folate, µg	-
Zinc, mg	-
Iron, mg	0.3
Calcium, mg	10
Phosphorus, mg	28

--- = not analyzed

Wild or cultivated: Cultivated
Home harvested, collected or purchased: Purchased
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Good fruit/Saalava.
Reference: Nutritive value of Indian foods. 2002. S no 261 (ref # 2). Values with * ref # 6.
Code: 2281

Seasonality and use†

Use	Winter	Summer	Rainy
High			
Medium	*		*
Low			
None			

†Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 152

Food category: Fruits
Scientific identification:
Punica granatum
Local name & other common names:
danimma, Pomegranate (English)
Part(s) used: Fruit
Preparation: Eaten when ripe.

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit, ripe
Moisture, g	78
Energy, Kcal	65
Protein, g	1.6
Fat, g	0.1
Carbohydrate, g	14.5
Fiber, g	5.1
Ash, g	0.7
Vitamin A, RE- µg	-
Vitamin A, RAE- µg	-
Beta carotene, µg	-
Total carotene, µg	0
Vitamin C, mg	16.0
Thiamin, mg	0.06
Riboflavin, mg	0.10
Niacin, mg	0.3
Folate, µg	-
Zinc, mg	-
Iron, mg	1.8
Calcium, mg	10
Phosphorus, mg	70

--- = not analyzed

Wild or cultivated: Cultivated
Home harvested, collected or purchased: Purchased
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Good food.
Reference: Nutritive Value of Indian foods. 2002. S no 296 (ref # 2).
Code: 2296

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium	*		
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 153

Food category: Fruits
Scientific identification:
Solinum nigrum
Local name & other common names:
kashe pandlu
Part(s) used: Fruit
Preparation: Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit
Moisture, g	-
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Fiber, g	-
Ash, g	-
Vitamin A, RE- µg	91.89
Vitamin A, RAE- µg	183.78
Beta carotene, µg	147.38
Total carotene, µg	2057.98
Vitamin C, mg	-
Thiamin, mg	-
Riboflavin, mg	-
Niacin, mg	-
Folate, µg	-
Zinc, mg	-
Iron, mg	-
Calcium, mg	-
Phosphorus, mg	-

--- = not analyzed

Wild or cultivated: Wild
Home harvested, collected or purchased: Home harvested
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Has medicinal value.
Reference: Nutritive value from NIN analysis, UCF project 2002-2003 (ref # 3).
Code: n/a

Seasonality and use†

Use	Winter	Summer	Rainy
High			
Medium			*
Low			
None			

†Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 154

Food category: Fruits
Scientific identification:
Syzygium cumini
Local name & other common names:
alla nerudu, Jambul/Java plum (English)
Part(s) used: Fruit and seed
Preparation: Eaten when ripe

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit, ripe
Moisture, g	83.7
Energy, Kcal	62
Protein, g	0.7
Fat, g	0.3
Carbohydrate, g	14
Fiber, g	0.9
Ash, g	0.4
Vitamin A, RE-µg	8.3
Vitamin A, RAE-µg	4.2
Beta carotene, µg	40
Total carotene, µg	60
Vitamin C, mg	18.0
Thiamin, mg	0.03
Riboflavin, mg	0.01
Niacin, mg	0.2
Folate, µg	-
Zinc, mg	-
Iron, mg	0.4
Calcium, mg	15
Phosphorus, mg	15

--- = not analyzed

Wild or cultivated: Wild
Home harvested, collected or purchased: Collected
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Medicine used for diabetics.
Reference: Nutritive value of Indian foods. 2002. S no 266 (ref # 2).
Code: 2283

Seasonality and use†

Use	Winter	Summer	Rainy
High			
Medium			*
Low			
None			

†Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 155

Food category: Fruits
Scientific identification:
Vitis vinifera
Local name & other common names:
angoor, Blue grapes (English)
Part(s) used: Fruit and seed
Preparation: Eaten when ripe

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit, ripe
Moisture, g	82.2
Energy, Kcal	58
Protein, g	0.6
Fat, g	0.4
Carbohydrate, g	13.1
Fiber, g	2.8
Ash, g	0.9
Vitamin A, RE-µg	0.3
Vitamin A, RAE-µg	0.15
Beta carotene, µg	-
Total carotene, µg	3
Vitamin C, mg	1.0
Thiamin, mg	0.04
Riboflavin, mg	0.03
Niacin, mg	0.2
Folate, µg	-
Zinc, mg	-
Iron, mg	0.5
Calcium, mg	20
Phosphorus, mg	23

--- = not analyzed

Wild or cultivated: Both
Home harvested, collected or purchased: All three.
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Good energy source. Salava.
Reference: Nutritive value of Indian foods. 2002. S no 257 (ref # 2).
Code: 2279

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium	*	*	
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 156

Food category: Fruits
Scientific identification:
Vitis vinifera
Local name & other common names:
angoor, Green grapes (English)
Part(s) used: Fruit and seed
Preparation: Eaten when ripe.

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit, ripe
Moisture, g	79.2
Energy, Kcal	71
Protein, g	0.5
Fat, g	0.3
Carbohydrate, g	16.5
Fiber, g	2.9
Ash, g	0.6
Vitamin A, RE-µg	0.3
Vitamin A, RAE-µg	0.15
Beta carotene, µg	-
Total carotene, µg	0
Vitamin C, mg	1.0
Thiamin, mg	-
Riboflavin, mg	-
Niacin, mg	0
Folate, µg	-
Zinc, mg	-
Iron, mg	0.5
Calcium, mg	20
Phosphorus, mg	30

--- = not analyzed

Wild or cultivated: Both
Home harvested, collected or purchased: All three.
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Good energy source. Seed has high commercial value.
Reference: Nutritive value of Indian foods. 2002. S no 258 (ref # 2).
Code: 2280

Seasonality and use†

Use	Winter	Summer	Rainy
High			
Medium	*	*	
Low			
None			

†Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 157

Food category: Fruits
Scientific identification:
Zizyphus jujuba
Local name & other common names:
reni, Zizyphus (English)
Part(s) used: Fruit
Preparation: Eaten when ripe

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit, ripe
Moisture, g	81.6
Energy, Kcal	74
Protein, g	0.8
Fat, g	0.3
Carbohydrate, g	17
Fiber, g	-
Ash, g	0.3
Vitamin A, RE-µg	1.8
Vitamin A, RAE-µg	0.9
Beta carotene, µg	-
Total carotene, µg	21
Vitamin C, mg	76
Thiamin, mg	0.02
Riboflavin, mg	0.05
Niacin, mg	0.7
Folate, µg	-
Zinc, mg	-
Iron, mg	0.5
Calcium, mg	4
Phosphorus, mg	9

--- = not analyzed

Wild or cultivated: Wild
Home harvested, collected or purchased: Collected
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Free, A good source of vitamin C.
Reference: Nutritive Value of Indian foods. 2002. S no 310 (ref # 2).
Code: 2299

Seasonality and use†

Use	Winter	Summer	Rainy
High			
Medium	*		
Low			
None			

†Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 158

Food category: Fruits
Scientific identification:
Unknown
Local name & other common names:
ambadikayalu
Part(s) used: Fruit
Preparation:

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit
Moisture, g	-
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Fiber, g	-
Ash, g	-
Vitamin A, RE-µg	49
Vitamin A, RAE-µg	25
Beta carotene, µg	17
Total carotene, µg	571
Vitamin C, mg	-
Thiamin, mg	-
Riboflavin, mg	-
Niacin, mg	-
Folate, µg	-
Zinc, mg	-
Iron, mg	-
Calcium, mg	-
Phosphorus, mg	-

--- = not analyzed

Wild or cultivated: Wild
Home harvested, collected or purchased: Home harvested
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information:.
Reference: Nutritive value from NIN analysis, UCF project 2002-2003 (ref # 3).
Code: n/a

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium			
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 159

Food category: Fruits
Scientific identification:
Unknown
Local name & other common names:
bontha pandlu
Part(s) used: Fruit
Preparation: Eaten when ripe

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit
Moisture, g	-
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Fiber, g	-
Ash, g	-
Vitamin A, RE-µg	15
Vitamin A, RAE-µg	7.5
Beta carotene, µg	12.3
Total carotene, µg	161
Vitamin C, mg	-
Thiamin, mg	-
Riboflavin, mg	-
Niacin, mg	-
Folate, µg	-
Zinc, mg	-
Iron, mg	-
Calcium, mg	-
Phosphorus, mg	-

--- = not analyzed

Wild or cultivated: Wild
Home harvested, collected or purchased: Home harvested
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Good for firewood.
Reference: Nutritive value from NIN analysis, UCF project 2002-2003 (ref # 3).
Code: n/a

Seasonality and use†

Use	Winter	Summer	Rainy
High			
Medium	*	*	
Low			
None			

†Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 160

Food category: Fruits
Scientific identification:
Unknown
Local name & other common names:
chimidi pandlu
Part(s) used: Fruit
Preparation: Eaten when ripe.

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit
Moisture, g	-
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Fiber, g	-
Ash, g	-
Vitamin A, RE-µg	-
Vitamin A, RAE-µg	-
Beta carotene, µg	-
Total carotene, µg	-
Vitamin C, mg	-
Thiamin, mg	-
Riboflavin, mg	-
Niacin, mg	-
Folate, µg	-
Zinc, mg	-
Iron, mg	-
Calcium, mg	-
Phosphorus, mg	-

--- = not analyzed

Wild or cultivated: Wild
Home harvested, collected or purchased: Collected
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Unknown
Reference:
Code: n/a

Seasonality and use†

Use	Winter	Summer	Rainy
High			
Medium		*	
Low			
None			

†Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 161

Food category: Fruits
Scientific identification:
Unknown
Local name & other common names:
chitmit pandlu
Part(s) used: Fruit
Preparation: Eaten when ripe.

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit
Moisture, g	-
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Fiber, g	-
Ash, g	-
Vitamin A, RE-µg	23
Vitamin A, RAE-µg	11.5
Beta carotene, µg	13
Total carotene, µg	260
Vitamin C, mg	-
Thiamin, mg	-
Riboflavin, mg	-
Niacin, mg	-
Folate, µg	-
Zinc, mg	-
Iron, mg	-
Calcium, mg	-
Phosphorus, mg	-

--- = not analyzed

Wild or cultivated: Wild
Home harvested, collected or purchased: Home harvested
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Latex has high economic value. Panchami pandugu ku vasthdi.
Reference: Nutritive value from NIN analysis, UCF project 2002-2003 (ref # 3).
Code: n/a

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium			*
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 162

Food category: Fruits
Scientific identification:
Unknown
Local name & other common names:
dodi pandlu
Part(s) used: Fruit
Preparation: Eaten when ripe

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit
Moisture, g	-
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Fiber, g	-
Ash, g	-
Vitamin A, RE-µg	-
Vitamin A, RAE-µg	-
Beta carotene, µg	-
Total carotene, µg	-
Vitamin C, mg	-
Thiamin, mg	-
Riboflavin, mg	-
Niacin, mg	-
Folate, µg	-
Zinc, mg	-
Iron, mg	-
Calcium, mg	-
Phosphorus, mg	-

--- = not analyzed

Wild or cultivated: Wild
Home harvested, collected or purchased: Collected
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Unknown
Reference: n/a
Code: n/a

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium		*	
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 163

Food category: Fruits
Scientific identification:
Unknown
Local name & other common names:
illentha
Part(s) used: Fruit
Preparation: Eaten when ripe

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit
Moisture, g	-
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Fiber, g	-
Ash, g	-
Vitamin A, RE-µg	44
Vitamin A, RAE-µg	22
Beta carotene, µg	17
Total carotene, µg	515
Vitamin C, mg	-
Thiamin, mg	-
Riboflavin, mg	-
Niacin, mg	-
Folate, µg	-
Zinc, mg	-
Iron, mg	-
Calcium, mg	-
Phosphorus, mg	-

--- = not analyzed

Wild or cultivated: Wild
Home harvested, collected or purchased: Collected
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: High medicinal value. Panchami pandugu ku vasthadi.
Reference: Nutritive value from NIN analysis, UCF project 2002-2003 (ref # 3).
Code: n/a

Seasonality and use†

Use	Winter	Summer	Rainy
High			
Medium	*		
Low			
None			

†Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 164

Food category: Fruits
Scientific identification:
Unknown
Local name & other common names:
irkipandu
Part(s) used: Fruit
Preparation: Eaten when ripe

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit
Moisture, g	-
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Fiber, g	-
Ash, g	-
Vitamin A, RE-µg	4.4
Vitamin A, RAE-µg	2.2
Beta carotene, µg	12
Total carotene, µg	64
Vitamin C, mg	-
Thiamin, mg	-
Riboflavin, mg	-
Niacin, mg	-
Folate, µg	-
Zinc, mg	-
Iron, mg	-
Calcium, mg	-
Phosphorus, mg	-

--- = not analyzed

Wild or cultivated: Wild
Home harvested, collected or purchased: Collected
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Unknown
Reference: Nutritive value from NIN analysis, UCF project 2002-2003 (ref # 3).
Code: n/a

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium		*	
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 165

Food category: Fruits
Scientific identification:
Unknown
Local name & other common names:
kalimi
Part(s) used: Fruit
Preparation: Eaten when ripe

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit
Moisture, g	-
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Fiber, g	-
Ash, g	-
Vitamin A, RE-µg	113
Vitamin A, RAE-µg	56
Beta carotene, µg	327
Total carotene, µg	1026
Vitamin C, mg	-
Thiamin, mg	-
Riboflavin, mg	-
Niacin, mg	-
Folate, µg	-
Zinc, mg	-
Iron, mg	-
Calcium, mg	-
Phosphorus, mg	-

--- = not analyzed

Wild or cultivated: Wild
Home harvested, collected or purchased: Collected
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Unknown
Reference: Nutritive value from NIN analysis, UCF project 2002-2003 (ref # 3).
Code: n/a

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium		*	
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 166

Food category: Fruits
Scientific identification:
Unknown
Local name & other common names:
morripandu
Part(s) used: Fruit
Preparation: Eaten when ripe

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit
Moisture, g	-
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Fiber, g	-
Ash, g	-
Vitamin A, RE-µg	138
Vitamin A, RAE-µg	69
Beta carotene, µg	354
Total carotene, µg	1303
Vitamin C, mg	-
Thiamin, mg	-
Riboflavin, mg	-
Niacin, mg	-
Folate, µg	-
Zinc, mg	-
Iron, mg	-
Calcium, mg	-
Phosphorus, mg	-

--- = not analyzed

Wild or cultivated: Wild
Home harvested, collected or purchased: Home harvested
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Unknown
Reference: Nutritive value from NIN analysis, UCF project 2002-2003 (ref # 3).
Code: n/a

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium			*
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 167

Food category: Fruits
Scientific identification:
Unknown
Local name & other common names:
nakkiri
Part(s) used: Fruit
Preparation: Eaten when ripe

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit
Moisture, g	-
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Fiber, g	-
Ash, g	-
Vitamin A, RE-µg	389
Vitamin A, RAE-µg	194
Beta carotene, µg	429
Total carotene, µg	4237
Vitamin C, mg	-
Thiamin, mg	-
Riboflavin, mg	-
Niacin, mg	-
Folate, µg	-
Zinc, mg	-
Iron, mg	-
Calcium, mg	-
Phosphorus, mg	-

--- = not analyzed

Wild or cultivated: Wild
Home harvested, collected or purchased: Home harvested
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Unknown
Reference: Nutritive value from NIN analysis, UCF project 2002-2003 (ref # 3).
Code: n/a

Seasonality and use†

Use	Winter	Summer	Rainy
High			
Medium			*
Low			
None			

†Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 168

Food category: Fruit
Scientific identification:
Unknown
Local name & other common names:
pam padga
Part(s) used: Fruit
Preparation: Eaten when ripe

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit
Moisture, g	-
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Fiber, g	-
Ash, g	-
Vitamin A, RE-µg	-
Vitamin A, RAE-µg	-
Beta carotene, µg	-
Total carotene, µg	-
Vitamin C, mg	-
Thiamin, mg	-
Riboflavin, mg	-
Niacin, mg	-
Folate, µg	-
Zinc, mg	-
Iron, mg	-
Calcium, mg	-
Phosphorus, mg	-

--- = not analyzed

Wild or cultivated: Wild
Home harvested, collected or purchased: Home harvested
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Its wood is good for making fences.
Reference: n/a

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium	*		
Low		*	*
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 169

Food category: Fruits
Scientific identification:
Unknown
Local name & other common names:
parki
Part(s) used: Fruit
Preparation: Eaten when ripe

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit
Moisture, g	-
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Fiber, g	-
Ash, g	-
Vitamin A, RE-µg	-
Vitamin A, RAE-µg	-
Beta carotene, µg	-
Total carotene, µg	-
Vitamin C, mg	-
Thiamin, mg	-
Riboflavin, mg	-
Niacin, mg	-
Folate, µg	-
Zinc, mg	-
Iron, mg	-
Calcium, mg	-
Phosphorus, mg	-

--- = not analyzed

Wild or cultivated: Wild
Home harvested, collected or purchased: Home harvested
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Its wood is good for making fences.
Reference: n/a

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium		*	
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 170

Food category: Fruits
Scientific identification:
Unknown
Local name & other common names:
pitta pandlu
Part(s) used: Fruit
Preparation: Eaten when ripe

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit
Moisture, g	-
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Fiber, g	-
Ash, g	-
Vitamin A, RE-µg	66
Vitamin A, RAE-µg	33
Beta carotene, µg	22
Total carotene, µg	767
Vitamin C, mg	-
Thiamin, mg	-
Riboflavin, mg	-
Niacin, mg	-
Folate, µg	-
Zinc, mg	-
Iron, mg	-
Calcium, mg	-
Phosphorus, mg	-

--- = not analyzed

Wild or cultivated: Wild
Home harvested, collected or purchased: Collected
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Unknown
Reference: Nutritive value from NIN analysis, UCF project 2002-2003 (ref # 3).
Code: n/a

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium			*
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 171

Food category: Fruits
Scientific identification:
Unknown
Local name & other common names:
pulichera pandlu
Part(s) used: Fruit
Preparation: Eaten when ripe

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit
Moisture, g	-
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Fiber, g	-
Ash, g	-
Vitamin A, RE-µg	4.3
Vitamin A, RAE-µg	8.5
Beta carotene, µg	29
Total carotene, µg	73
Vitamin C, mg	-
Thiamin, mg	-
Riboflavin, mg	-
Niacin, mg	-
Folate, µg	-
Zinc, mg	-
Iron, mg	-
Calcium, mg	-
Phosphorus, mg	-

--- = not analyzed

Wild or cultivated: Wild
Home harvested, collected or purchased: Collected
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Unknown
Reference: Nutritive value from NIN analysis, UCF project 2002-2003 (ref # 3).
Code: n/a

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium			*
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 172

Food category: Fruits
Scientific identification:
Unknown
Local name & other common names:
thella pulcheri
Part(s) used: Fruit
Preparation: Eaten when ripe

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit
Moisture, g	-
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Fiber, g	-
Ash, g	-
Vitamin A, RE-µg	-
Vitamin A, RAE-µg	-
Beta carotene, µg	-
Total carotene, µg	-
Vitamin C, mg	-
Thiamin, mg	-
Riboflavin, mg	-
Niacin, mg	-
Folate, µg	-
Zinc, mg	-
Iron, mg	-
Calcium, mg	-
Phosphorus, mg	-

--- = not analyzed

Wild or cultivated: Wild
Home harvested, collected or purchased: Collected
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Has medicinal value.
Reference: n/a
Code: n/a

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium			*
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

Photograph by Salome Yesudas

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