

**FRUIT, NUTS AND SEEDS** (Continued from the Meat and poultry section)

Please click on the page number to go directly to the table

<i>Achras sapota</i> .....	54
chiku, Sapodilla fruit (English) .....	54
<i>Aegle marmelos</i> .....	55
billa, Bael fruit or Wood apple (English) .....	55
<i>Annona reticulata</i> .....	56
ramphala, Bullocks heart (English) .....	56
<i>Annona squamosa</i> .....	57
seetaphel, Custard apple or Sweetsop (English) .....	57
<i>Artocarpus heterophyllus</i> .....	58
phanas, Jackfruit (English).....	58
<i>Bassia latifolia</i> .....	59
doli mahuda.....	59
<i>Bassia longifolia</i> .....	60
mahvoda, Mahua (English).....	60
<i>Carica papaya</i> .....	61
papeeta, Papaya (English).....	61
<i>Cordia rothai</i> .....	62
gunda, Gumberry (English).....	62
<i>Emblica officinalis</i> .....	63
amla, Indian gooseberry (English).....	63
<i>Ficus racemosa</i> .....	64
umbara, Wild fig (English) .....	64
<i>Lycopersicon esculentum</i> .....	65
tomato, Tomato (English) .....	65
<i>Mangifera indica</i> .....	66
aam, Mango, ripe (English) .....	66
<i>Psidium guajava</i> .....	67
jamrookh, Guava (English) .....	67
<i>Syzigium cumini</i> .....	68
jamboo, Indian black berry (English) .....	68
<i>Zizyphus jujuba</i> .....	69

<b>bore, Indian jujube (English)</b> .....	<b>69</b>
<i>Unknown</i> .....	<i>70</i>
<b>kakad</b> .....	<b>70</b>

## COMMUNITY FOOD SYSTEM DATA TABLE # 54

**Food category:** Fruits, nuts and seeds

**Scientific identification:**

*Achras sapota*

**Local name & other common names:**

chiku, Sapodilla fruit (English)

**Part(s) used:** Fruit

**Preparation:** Eaten raw

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	8
Vitamin A, RAE- µg	4
Beta-carotene, µg	-
Total carotene, µg	97
Folic acid, µg	-
Vitamin C, mg	6
Calcium, mg	28
Iron, mg	1.25
Phosphorus, mg	27
Zinc, mg	0.16

--- = not analyzed



**Type of procurement:** Wild, gathered.

**Home harvested or purchased:** Harvested

**Seasonality of use:** November - March

**Cost of production, if known:** Unknown

**Importance value to the community by age/gender and other miscellaneous information:** Unknown

**Source of nutrient information:** The nutrient information is sourced from Indian FCT 2002. Code # 303 (ref # 1).

## Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>			*	*	*							
<b>Seasonality of use</b>					*	*						

Photograph by **kpstudios**

[Click here to return to the table of contents](#)

**COMMUNITY FOOD SYSTEM DATA TABLE # 55****Food category:** Fruits, nuts and seeds**Scientific identification:***Aegle marmelos***Local name & other common names:**

billa, Bael fruit or Wood apple (English)

**Part(s) used:** Pulp or flesh**Preparation:** Eaten ripe fruit & chutney, leaves are used for religious purposes

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit, ripe
Moisture, g	64.2
Energy, Kcal	134
Protein, g	7.1
Fat, g	3.7
Carbohydrate, g	18.1
Fiber, g	5.0
Ash, g	1.9
Vitamin A, RE- µg	5
Vitamin A, RAE- µg	2.5
Beta-carotene, µg	-
Total carotene, µg	61
Folic acid, µg	-
Vitamin C, mg	3
Calcium, mg	130
Iron, mg	0.48
Phosphorus, mg	110
Zinc, mg	-

--- = not analyzed

**Type of procurement:** Wild, gathered.**Home harvested or purchased:** Harvested**Seasonality of use:** November-December**Cost of production, if known:** Unknown**Importance value to the community by age/gender and other miscellaneous information:** Unknown**Source of nutrient information:** The nutrient information is sourced from Indian FCT 2002. Code # 309 (ref # 1).**Months Harvested and Seasonality of Use**

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>	*	*									*	*

Photograph by **kpstudios**[Click here to return to the table of contents](#)

**COMMUNITY FOOD SYSTEM DATA TABLE # 56****Food category:** Fruits, nuts and seeds**Scientific identification:***Annona reticulata***Local name & other common names:**

ramphala, Bullocks heart (English)

**Part(s) used:** Fruit**Preparation:** Eaten raw

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	5.8
Vitamin A, RAE- µg	2.8
Beta-carotene, µg	-
Total carotene, µg	67
Folic acid, µg	-
Vitamin C, mg	5
Calcium, mg	10
Iron, mg	0.6
Phosphorus, mg	10
Zinc, mg	-

-- = not analyzed



**Type of procurement:** Wild, gathered.  
**Home harvested or purchased:** Home harvested  
**Seasonality of use:** April-June  
**Cost of production, if known:** Unknown  
**Importance value to the community by age/gender and other miscellaneous information:** Harvested in the home garden by those who own more than 4 acres.  
 Source of nutrient data: the nutrient data is sourced from Indian FCT 2002. Code # 249 (ref # 1).

**Months Harvested and Seasonality of Use**

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>			*	*	*							
<b>Seasonality of use</b>				*	*	*						

Photograph by **kpstudios**[Click here to return to the table of contents](#)

## COMMUNITY FOOD SYSTEM DATA TABLE # 57

**Food category:** Fruits, nuts and seeds

**Scientific identification:**

*Annona squamosa*

**Local name & other common names:**

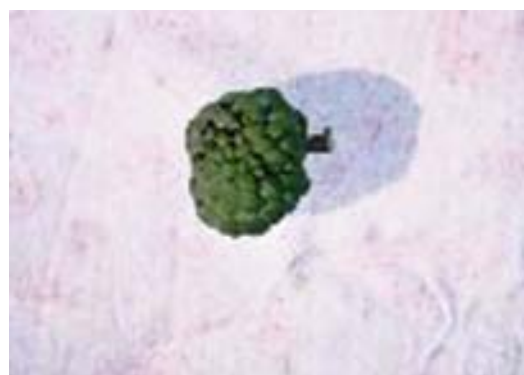
seetaphel, Custard apple or Sweetsop (English)

**Part(s) used:** Fruit

**Preparation:** Eaten raw

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
Folic acid, µg	-
Vitamin C, mg	37
Calcium, mg	17
Iron, mg	4.31
Phosphorus, mg	47
Zinc, mg	0.8

--- = not analyzed



**Type of procurement:** Wild, gathered.  
**Home harvested or purchased:** Home harvested  
**Seasonality of use:** June-September  
**Cost of production, if known:** Unknown  
**Importance value to the community by age/gender and other miscellaneous information:** Unknown  
**Source of nutrient information:** The nutrient information is sourced from Indian FCT 2002. Code # 304 (ref # 1).

### Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>								*	*			
<b>Seasonality of use</b>						*	*	*	*			

Photograph by [kpstudios](#)

[Click here to return to the table of contents](#)

**COMMUNITY FOOD SYSTEM DATA TABLE # 58****Food category:** Fruits, nuts and seeds**Scientific identification:***Artocarpus heterophyllus***Local name & other common names:**

phanas, Jackfruit (English)

**Part(s) used:** Flesh of fruit**Preparation:** Eaten raw

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	14.6
Vitamin A, RAE- µg	7.3
Beta-carotene, µg	-
Total carotene, µg	175
Folic acid, µg	36.6
Vitamin C, mg	7
Calcium, mg	20
Iron, mg	0.56
Phosphorus, mg	41
Zinc, mg	2.7

--- = not analyzed



**Type of procurement:** Wild, gathered.  
**Home harvested or purchased:** Home harvested  
**Seasonality of use:** April-June  
**Cost of production, if known:** Minimal, Rs. 20/Jackfruit  
**Importance value to the community by age/gender and other miscellaneous information:** Harvested in the home garden by those who own more than 4 acres.  
**Source of nutrient information:** The nutrient information is sourced from Indian FCT 2002. Code # 264 (ref # 1).

**Months Harvested and Seasonality of Use**

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>				*	*	*						
<b>Seasonality of use</b>				*	*	*						

Photograph by **kpstudios**[Click here to return to the table of contents](#)

## COMMUNITY FOOD SYSTEM DATA TABLE # 59

**Food category:** Fruits, nuts and seeds

**Scientific identification:**

*Bassia latifolia*

**Local name & other common names:**

doli mahuda

**Part(s) used:** Seeds

**Preparation:** Unknown



Nutrient	Nutrient Composition/100g (edible portion)
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	-
Folic acid, µg	-
Vitamin C, mg	-
Zinc, mg	-
Iron, mg	-
Calcium, mg	-
Phosphorus, mg	-

--- = not analyzed

**Type of procurement:** Wild, gathered  
**Home harvested or purchased:** Unknown  
**Seasonality of use:** Unknown  
**Cost of production, if known:** Unknown  
**Importance value to the community by age/gender and other miscellaneous information:** Unknown

### Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>												

Photograph by **kpstudios**

[Click here to return to the table of contents](#)



**COMMUNITY FOOD SYSTEM DATA TABLE # 60****Food category:** Fruits, nuts and seeds**Scientific identification:***Bassia longifolia***Local name & other common names:**

mahvoda, Mahua (English)

**Part(s) used:** Flowers**Preparation:** Flowers are used for making wine. Oil is also extracted from the dry seed

Nutrient	Nutrient Composition/100g (edible portion)
	Flower, fresh
Moisture, g	73.6
Energy, Kcal	111
Protein, g	1.4
Fat, g	1.6
Carbohydrate, g	22.7
Fiber, g	-
Ash, g	0.7
Vitamin A, RE- µg	25.6
Vitamin A, RAE- µg	12.8
Beta-carotene, µg	-
Total carotene, µg	307
Folic acid, µg	-
Vitamin C, mg	40
Calcium, mg	45
Iron, mg	0.23
Phosphorus, mg	22
Zinc, mg	-

--- = not analyzed



**Type of procurement:** Wild, gathered.  
**Home harvested or purchased:** Harvested  
**Seasonality of use:** June-September  
**Cost of production, if known:** Unknown  
**Importance value to the community by age/gender and other miscellaneous information:** Unknown  
**Source of nutrient data:** The nutrient data is sourced from Indian FCT 2002. Code # 277 (ref # 1).

**Months Harvested and Seasonality of Use**

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>						*	*	*	*			

Photograph by **kpstudios**[Click here to return to the table of contents](#)

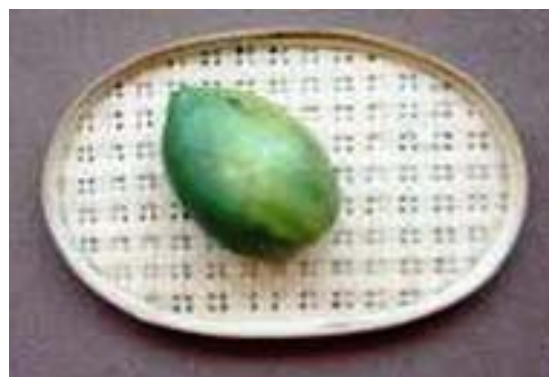
**COMMUNITY FOOD SYSTEM DATA TABLE # 61****Food category:** Fruits, nuts and seeds**Scientific identification:***Carica papaya***Local name & other common names:**

papeeta, Papaya (English)

**Part(s) used:** Fruit**Preparation:** Eaten raw

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	302
Vitamin A, RAE- µg	151
Beta-carotene, µg	880
Total carotene, µg	2 740
Folic acid, µg	-
Vitamin C, mg	57
Calcium, mg	17
Iron, mg	0.5
Phosphorus, mg	13
Zinc, mg	-

--- = not analyzed



**Type of procurement:** Cultivated  
**Home harvested or purchased:** n/a  
**Seasonality of use:** All year  
**Cost of production, if known:** Unknown  
**Importance value to the community by age/gender and other miscellaneous information:**  
 Common fruit eaten all year long.  
 Identified as a source of carotene.  
**Source of nutrient data:** The nutrient data is sourced from Indian FCT 2002. Code # 287 (ref # 1).

**Months Harvested and Seasonality of Use**

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>	*	*	*	*	*	*	*	*	*	*	*	*
<b>Seasonality of use</b>	*	*	*	*	*	*	*	*	*	*	*	*

Photograph by kpstudios

[Click here to return to the table of contents](#)

**COMMUNITY FOOD SYSTEM DATA TABLE # 62****Food category:** Fruits, nuts and seeds**Scientific identification:***Cordia rothai***Local name & other common names:**

gunda, Gumberry (English)

**Part(s) used:** Fruit**Preparation:** Pickle, chutney

Nutrient	Nutrient Composition/100g (edible portion)
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	-
Folic acid, µg	-
Vitamin C, mg	-
Calcium, mg	-
Iron, mg	-
Phosphorus, mg	-
Zinc, mg	-

**Type of procurement:** Cultivated  
**Home harvested or purchased:** Harvested  
**Seasonality of use:** March-May  
**Cost of production, if known:** Approximately Rs. 20/Kg.  
**Importance value to the community by age/gender and other miscellaneous information:** Widely grown in the region.

--- = not analyzed

**Months Harvested and Seasonality of Use**

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>			*	*	*							

[Click here to return to the table of contents](#)

## COMMUNITY FOOD SYSTEM DATA TABLE # 63

**Food category:** Fruits, nuts and seeds

**Scientific identification:**

*Emblica officinalis*

**Local name & other common names:**

amla, Indian gooseberry (English)

**Part(s) used:** Fruit

**Preparation:** Chutney



Nutrient	Nutrient Composition/100g (edible portion)
	Fruit
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
Folic acid, µg	-
Vitamin C, mg	600
Calcium, mg	50
Iron, mg	1.2
Phosphorus, mg	20
Zinc, mg	-

--- = not analyzed

**Type of procurement:** Wild, gathered.  
**Home harvested or purchased:** n/a  
**Seasonality of use:** November-January  
**Cost of production, if known:** Minimal  
**Importance value to the community by age/gender and other miscellaneous information:**

- Eaten in the winter season.
- Gathered from the forest (not home harvested).
- Very high in vitamin C but not frequently consumed.

**Source of nutrient data:** The nutrient data is sourced from Indian FCT 2002. Code # 239 (ref # 1).

### Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>		*	*	*	*							
<b>Seasonality of use</b>	*										*	*

Photograph by **kpstudios**

[Click here to return to the table of contents](#)

**COMMUNITY FOOD SYSTEM DATA TABLE # 64****Food category:** Fruits, nuts and seeds**Scientific identification:***Ficus racemosa***Local name & other common names:**

umbara, Wild fig (English)

**Part(s) used:** Fruit**Preparation:** Chutney or eaten raw.

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit
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	14
Vitamin A, RAE- µg	7
Beta-carotene, µg	-
Total carotene, µg	162
Folic acid, µg	-
Vitamin C, mg	5
Calcium, mg	80
Iron, mg	1
Phosphorus, mg	30
Zinc, mg	-



**Type of procurement:** Wild, gathered.  
**Home harvested or purchased:** Unknown  
**Seasonality of use:** February-May  
**Cost of production, if known:** Unknown  
**Importance value to the community by age/gender and other miscellaneous information:**  
 A bee which pollinates this plant is considered sacred.  
**Source of nutrient data:** The nutrient data is sourced from Indian FCT 2002. Code # 256 (ref # 1).

--- = not analyzed

**Months Harvested and Seasonality of Use**

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>		*	*	*	*							

Photograph by **kpstudios**[Click here to return to the table of contents](#)

**COMMUNITY FOOD SYSTEM DATA TABLE # 65****Food category:** Fruits, nuts and seeds**Scientific identification:***Lycopersicon esculentum***Local name & other common names:**

tomato, Tomato (English)

**Part(s) used:** Fruit**Preparation:** Cooked as a vegetable; boiled and used to make dhal

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit, ripe
Moisture, g	94
Energy, Kcal	19.8
Protein, g	0.9
Fat, g	0.2
Carbohydrate, g	3.6
Fiber, g	0.8
Ash	0.5
Vitamin A, RE- µg	300
Vitamin A, RAE- µg	150
Beta-carotene, µg	590
Total carotene, µg	3010
Folic acid, µg	30
Vitamin C, mg	27
Calcium, mg	48
Iron, mg	0.64
Phosphorus, mg	20
Zinc, mg	-



**Type of procurement:** Cultivated  
**Home harvested or purchased:** Harvested  
**Seasonality of use:** All year  
**Cost of production, if known:** Cheaper in Dec & Jan. Production cost depends on season, Rs 5/ 250g in May.  
**Importance value to the community by age/gender and other miscellaneous information:** Identified as a source of carotene and vitamin C as it is consumed frequently.  
**Source of nutrient data:** The nutrient data is sourced from Indian FCT 2002. Code # 306 (ref # 1).

--- = not analyzed

**Months Harvested and Seasonality of Use**

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>	*	*	*	*	*	*	*	*	*	*	*	*
<b>Seasonality of use</b>	*	*	*	*	*	*	*	*	*	*	*	*

Photograph by **kpstudios**[Click here to return to the table of contents](#)

## COMMUNITY FOOD SYSTEM DATA TABLE # 66

**Food category:** Fruits, nuts and seeds

**Scientific identification:**

*Mangifera indica*

**Local name & other common names:**

aam, Mango, ripe (English)

**Part(s) used:** Flesh of the fruit

**Preparation:** Eaten raw

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit, ripe
Moisture, g	81.0
Energy, Kcal	74
Protein, g	0.6
Fat, g	0.4
Carbohydrate, g	16.9
Fiber, g	0.7
Ash, g	0.4
Vitamin A, RE- µg	350
Vitamin A, RAE- µg	175
Beta-carotene, µg	1 990
Total carotene, µg	2 210
Folic acid, µg	-
Vitamin C, mg	16
Calcium, mg	14
Iron, mg	1.3
Phosphorus, mg	16
Zinc, mg	0.27

--- = not analyzed



**Type of procurement:** Cultivated

**Home harvested or purchased:** Home harvested

**Seasonality of use:** April-June

**Cost of production, if known:** Unknown

**Importance value to the community by age/gender and other miscellaneous information:**

Harvested in the home garden by those who own more than 4 acres. The most frequently eaten fruit in the summer season.

**Source of nutrient data:** The nutrient data is sourced from Indian FCT 2002. Code # 278 (ref # 1).

### Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>		*	*	*	*							
<b>Seasonality of use</b>				*	*	*						

Photograph by **kpstudios**

[Click here to return to the table of contents](#)

**COMMUNITY FOOD SYSTEM DATA TABLE # 67****Food category:** Fruits, nuts and seeds**Scientific identification:***Psidium guajava***Local name & other common names:**

jamrookh, Guava (English)

**Part(s) used:** Fruit**Preparation:** Eaten raw

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit
Moisture, g	81.7
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	33
Vitamin A, RAE- µg	17
Beta-carotene, µg	0
Total carotene, µg	400
Folic acid, µg	-
Vitamin C, mg	212
Calcium, mg	10
Iron, mg	0.27
Phosphorus, mg	28
Zinc, mg	0.16

--- = not analyzed

**Type of procurement:** Cultivated, gathered  
**Home harvested or purchased:** Harvested  
**Seasonality of use:** April-June  
**Cost of production, if known:** Rs. 10/Kg  
**Importance value to the community by age/gender and other miscellaneous information:** Most frequently eaten fruit in the summer season.  
**Source of nutrient data:** The nutrient data is sourced from Indian FCT 2002. Code # 261 (ref # 1).

**Months Harvested and Seasonality of Use**

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>	*									*	*	*
<b>Seasonality of use</b>				*	*	*						

Photograph by **kpstudios**[Click here to return to the table of contents](#)



**COMMUNITY FOOD SYSTEM DATA TABLE # 68****Food category:** Fruits, nuts and seeds**Scientific identification:***Syzigium cumini***Local name & other common names:**

jamboo, Indian black berry (English)

**Part(s) used:** Fruit**Preparation:** Eaten raw

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit
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
Vitamin A, RAE- µg	4
Beta-carotene, µg	40
Total carotene, µg	60
Folic acid, µg	-
Vitamin C, mg	18
Calcium, mg	15
Iron, mg	0.43
Phosphorus, mg	15
Zinc, mg	0.16

--- = not analyzed



**Type of procurement:** Wild, gathered.  
**Home harvested or purchased:** Harvested  
**Seasonality of use:** April-June  
**Cost of production, if known:** Unknown  
**Importance value to the community by age/gender and other miscellaneous information:** Common fruit in the Monsoon season.  
**Source of nutrient information:** The nutrient information is sourced from Indian FCT 2002. Code # 266 (ref # 1).

**Months Harvested and Seasonality of Use**

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>					*	*						
<b>Seasonality of use</b>				*	*	*						

Photograph by **kpstudios**[Click here to return to the table of contents](#)

**COMMUNITY FOOD SYSTEM DATA TABLE # 69****Food category:** Fruits, nuts and seeds**Scientific identification:***Zizyphus jujuba***Local name & other common names:**

bore, Indian jujube (English)

**Part(s) used:** Fruit**Preparation:** Eaten raw.

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit
Moisture, g	81.6
Energy, Kcal	74
Protein, g	0.8
Fat, g	0.3
Carbohydrate, g	17.0
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
Folic acid, µg	-
Vitamin C, mg	76
Calcium, mg	4
Iron, mg	0.5
Phosphorus, mg	9
Zinc, mg	-

--- = not analyzed



**Type of procurement:** Wild, gathered.  
**Home harvested or purchased:** Home harvested  
**Seasonality of use:** October-January  
**Cost of production, if known:** Minimal  
**Importance value to the community by age/gender and other miscellaneous information:** Common fruit eaten in the winter season.  
**Source of nutrient information:** The nutrient data is sourced from Indian FCT 2002. Code # 310 (ref # 1).

**Months Harvested and Seasonality of Use**

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>	*									*	*	*
<b>Seasonality of use</b>	*									*	*	*

Photograph by **kpstudios**[Click here to return to the table of contents](#)

**COMMUNITY FOOD SYSTEM DATA TABLE # 70****Food category:** Fruits, nuts and seeds**Scientific identification:***Unknown***Local name & other common names:**

kakad

**Part(s) used:** Unknown**Preparation:** Pickle

Nutrient	Nutrient Composition/100g (edible portion)
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	-
Folic acid, µg	-
Vitamin C, mg	-
Calcium, mg	-
Iron, mg	-
Phosphorus, mg	-
Zinc, mg	-

--- = not analyzed



**Type of procurement:** Wild, gathered.  
**Home harvested or purchased:** Unknown  
**Seasonality of use:** February - March  
**Cost of production, if known:** Unknown  
**Importance value to the community by age/gender and other miscellaneous information:** Unknown.

**Months Harvested and Seasonality of Use**

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>												

Photograph by **kpstudios**[Click here to return to the table of contents](#)