

# Feijoa Triumph



The Feijoa fruit, maturing in autumn, it is green in color, ellipsoid in shape and about the size of a chicken's egg like structure. It has a taste as sweet, aromatic flavor. The flesh is juicy and is separated into a clear jelly like seed tissue and a firmer, slightly gritty, opaque flesh nearer the skin. The Feijoa fruit drops when ripe, but can be picked from the tree previous to the drop to prevent bruising.

Feijoa Fruit is increasing rapidly in demand throughout the world for its delicious, healthy qualities and adaptability. It has been expected that the Industry would spread to Australia, which has ideal growing conditions in many parts of the country. The feijoa fruit is also an egg-shaped fruit with a thin lime-green skin. The flesh inside is cream-colored and encases a jelly-like center. The texture is rough, close to that of a pear. The flesh tastes like a mixture of several other fruits, usually describe as pineapple, guava, and strawberry. Some people report a taste similar to that of a quince or lemon. Feijoa is native to South America, but is now commercially grown in New Zealand and California. It is also commonly called a pineapple guava.

Taste-Feijoa fruits are .75-3.5" in size long with green/blue-green waxy skin. The fruit taste like combinations of guava, pineapple, strawberry and mint. Both the flowers and fruit have a strong, pleasant scent.

Appearance- Feijoa keep well about one week before the quality of the fruit begins to suffer. When searching for the fruit, look for evenly colored, unbruised specimens, which should carry the distinctive sweet perfume. The Fruit feijoa almost looks like a Jack Fruit family with difference of taste. If chosen too early, feijoa will not ripen well off from the tree, so look for a fairly soft fruit. If exposed to too much warmth and humidity, the fruit will decompose under the skin, so be sure to ask about handling practices at your grocers.

The feijoa fruit, has a pineapple guava flavor, it is a tropical plant, native to Brazil. The feijoa shrub grows to approximately 15 feet and has pale gray bark with greenish gray rectangle leaves. The flowers are very flashy, in desert and white, and make a startling and sweetly scented addition to landscape. A Feijoa plant need prefers partial sun, with protection from extreme heat.

The plant is cultivated across Latin America, as well as in Australia and some part of the United States. In more northern areas of the United States, it is commonly used for landscaping, because the plant itself is frost tolerant, but the fruit is not.



#### Current Facts:

Feijoa fruits are rich in vitamin C and have about 40 calories in four ounces of fruit. Eating five daily servings of fruits and vegetables lower the chances of cancer. A recent study of feijoa fruit found eating nine or ten daily servings of fruits and vegetables, combined with three serving of low-fat dairy products, were effective in lower blood pressure.

Today two important varieties are grown successfully in the cultivated areas. Called Triumph and Mammoth, the success of these two types of feijoa fruit is credited to Hayward Wright, a New Zealand nurseryman. Planting rootstock imported from New Zealand, today's feijoa growers are eager this fruit will be the next kiwi fruit.

## Health benefits of Feijoa

The health benefits of feijoa include promote healthy bowel function due to the high levels of thread. Feijoa are among the most highly alkaline foods, making them useful in balancing the pH of the body. They are a good source of potassium, it is very important in helping to regulate blood pressure.

#### 10 Tips for Incorporating Figs in your Diet:

- Eat dried feijoa as a healthy energy snack. For extra flavour and nutrients, stuff them with nuts and a little honey.
- Add feijoa to baked goods such as muffins, cakes and muesli bars.
- Add dried or fresh feijoa to porridge, oatmeal or breakfast cereals
- Stew dried feijoa in fruit juice with other dried fruits to make a delicious fruit salad. Sprinkle with cinnamon and nutmeg before serving.
- Poach figs in red wine or fruit juice and serve with Greek yogurt or creme fraiche.
- Add quartered fresh figs to a salad of fennel, rocket and parmesan cheese.
- Stuff fresh figs with goat's cheese and chopped almonds and serve as an appetizer or dessert
- Make a fig butter by boiling dried figs in fruit juice until soft. When all the liquid has been absorbed, place the mixture in a food processor and blend until smooth. Use to spread on rice cakes, toast or crackers.
- Add chopped fresh figs to rice, quinoa or couscous dishes.

- Make a fig sharp by grinding two handfuls of walnuts in a food processor. Add one packet of dried figs, 1/2 packet raisins, 200ml apple juice, 1 tablespoon grated orange zest, 2 tablespoons honey and 1/2 teaspoon cinnamon. Process until the mixture is the texture of a sticky paste. Press into a pastry case and bake at a medium heat for 35 minutes.

