

# Jaboticaba

## *Plinia cauliflora*



*Plinia cauliflora*, commonly known as the jaboticaba, jabuticaba or Brazilian grapetree is a subtropical evergreen tree or large shrub belonging to the Myrtaceae family. The plant is native to the coastal forests and hilly regions of southern Brazil. It also grows around Rio de Janeiro and Minas Gerais, Brazil, also around Santa Cruz, Bolivia, Asunción, Paraguay, Uruguay and northeastern Argentina.

The word jaboticaba is derived from the Tupi word, jaboti, for turtle, or like turtle fat, descriptive of the fruit pulp. Cauliflora is from cauliflorous, meaning the fruit and flowers grow directly on the bark or under bark along the trunk, limbs, and branches. The branch is profuse; angling upward and typically forms a dense, rounded or vase-like, symmetrical crown. The tree is recognized for its purplish-black, white-pulped fruits which grow directly on the trunk; they can be eaten raw or be used to make jellies, jams, juice or wine. The wood is only used for charcoal and as fuel. The plant can be grown from seeds or by grafting.

# Health Benefits

Sore Throat

Asthma

Weight Loss

Treatment to Diarrhea

Accelerate Healing Process

Skin benefits

Healthy hair

Anti-cancer properties

Digestive health

Reduce cardiovascular diseases

Diabetes

Good for Liver

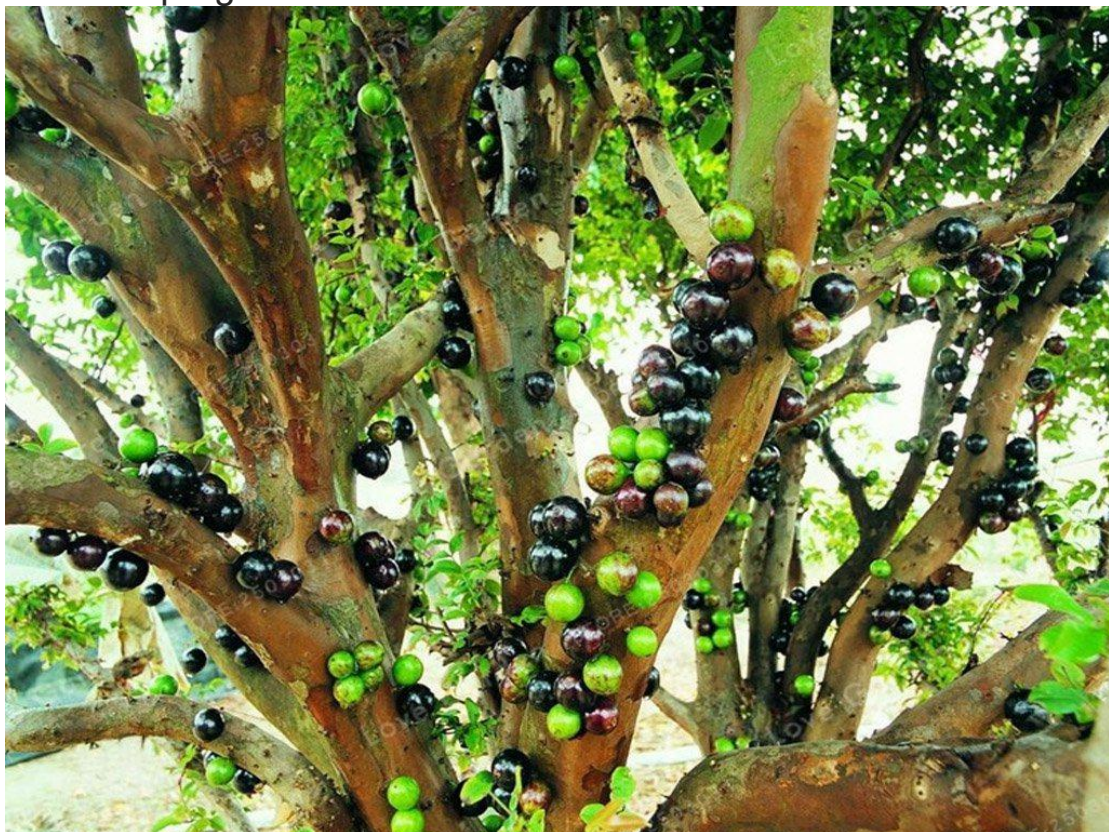
Against Early Aging

Inflammation in the throat

Increased Levels of Blood

Relieves arthritis

Good for pregnant women



## **Fruit**

Fertile flowers are followed by globose to slightly oblate grape-like berries produced singly or in dense clusters from the ground up all over the trunk and main branches, and the plant may fruit up to

five times per year. Fruits are not produced on new growth as is common on many other tropical fruit trees. Immature fruit is green and becomes dark maroon-purple to almost black when ripe. Fruit development is very rapid, usually 20 to 25 days from flower to full maturity. It is typically 1 inch in diameter, varying from 1/2 to 1 1/4 inches depending on species and variety. The edible berry consists of a whitish, soft, juicy, gelatinous pulp with 1 to 5 ovoid flattened seeds, with a resinous quality that is either delectable or quite disagreeable, depending upon personal taste. The skin is often compared to the thick-skinned Muscadine grape and has a somewhat turpentine flavor. The fruit is eaten fresh or made into jams and jellies, or used to make wine. Jaboticaba may take as many as eight years to bear fruit.

Common in Brazilian markets, jaboticabas are largely eaten fresh; their popularity has been compared to that of grapes in the United States. Fresh fruit may begin to ferment 3 to 4 days after harvest, so it is often used to make jams, tarts, strong wines, and liqueurs. Due to the short shelf-life, fresh jaboticaba fruit is rare in markets outside areas of cultivation.

