

Medlar

Mespilus germanica



Native to southwest Asia and Southeastern Europe from Northern Turkey, Caucasus, Transcaucasus and North eastern Iran.

Medlar is a rare fruit which is consumed raw. The texture resembles a Chestnut puree and has distinctive flavor. The ripened fruits are leathery and nut brown which could be consumed raw after bletting. From the Roman times, the fruit is used to treat all the stomach ailments. Today, it is used for treating the digestive problems. It is regarded as a laxative, natural diuretic and consumed for regulating bowel movements. Medlar helps to eliminate the toxins through urination and helps to lower the cholesterol level in blood that helps to maintain the overall health.

Major Nutritions	Carbohydrate 24 g (18.46%) Iron, Fe 1.2 mg (15.00%) Vitamin B1 (Thiamin) 0.06 mg (5.00%)
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	<p>Calcium, Ca 41 mg (4.10%) Total dietary Fiber 1.3 g (3.42%) Vitamin B2 (Riboflavin) 0.03 mg (2.31%) Vitamin B3 (Niacin) 0.2 mg (1.25%) Protein 0.5 g (1.00%) Total Fat (lipid) 0.1 g (0.29%)</p>
Health Benefits	<p>Forms hemoglobin Function of muscles Brain health Prevent Restless leg syndrome Regulates body temperature Carries oxygen Treats anemia Chronic ailments Anemia Neurotransmitters Predialysis Anemia Reduce fatigue Immunity Metabolize energy Enzymatic systems Cures insomnia Mental performance</p>
Calories in 100 gm	88 Kcal.
Traditional uses	<p>The pulp is used as laxative. The leaves and seeds possess an astringent and lithontripic properties. Medlar is used to treat high blood pressure, heart rate and heart tonic. The extract of leaves treats throat and mouth infection. The seed expels bladder stone. Medlar fruit treats constipation and eliminates bladder and kidney of stones. This plant cures oral abscess, stomach bloating, throat abscess, fever disposal, fattening, Internal hemorrhage, strengthens skin, nerves and treats intestinal inflammation. The tea made from leaves treats kidney stones. The bark possesses anti-inflammatory properties.</p>
Precautions	<p>It should be consumed in moderate amounts. The allergic persons to Medlar should stay away from it.</p>
How to Eat	<p>Fruits are consumed after bletting. The fruits are used to make Medlar jelly, candied fruit, mixed jam, marmalade and syrup.</p>

	<p>Medlar is eaten with cheese.</p> <p>Medlar cheese is made with eggs, fruit pulp and butter.</p> <p>Medlar adds flavor in fruit wine.</p> <p>The unripe fruits are pickled with sugar and vinegar.</p> <p>The fruits are also cooked.</p> <p>Green fruits are used to make tea.</p>
Other Facts	<p>Medlar has contorted branches which forms a dense crown.</p> <p>Wild varieties have branches with thorns.</p> <p>During autumn, leaves turns to orange or red.</p> <p>The flowers are produced at the branch end.</p> <p>The flowers diffuse a pleasant aroma.</p> <p>The flower blossoms from April to June.</p> <p>Self-pollination takes place.</p> <p>It produces fruit in 3 years.</p>



