

# ***Annona squamosa***



*Annona squamosa*, commonly known as sugar apple, sweetsop, or custard apple, is a tropical fruit bearing tree

## **Name of *Annona squamosa* in Indian languages:**

1. Hindi: Sitaphal
2. Tamil: Seethapazham
3. Telugu: Seetaphalum
4. Malayalam: Cherimayakka
5. Kannada: Seetaphala
6. Marathi: Sitaphal
7. Bengali: Ata

## **TAXONOMY:**

**Kingdom:** Plantae

**Clade:** Angiosperms

**Order:** Malpighiales

**Family:** Annonaceae

**Genus:** *Annona*

**Species:** *Annona Squamosa*



## USES:

### 1. Culinary Uses:

- Fresh Fruit: The ripe fruit is sweet and creamy, typically eaten fresh.
- Desserts: Used in desserts, smoothies, and ice creams.
- Beverages: The pulp can be blended into juices and milkshakes.
- Jams and Jellies: The fruit can be used to make jams and jellies.

### 2. Traditional Medicine:

- Digestive Health: The fruit is known to aid digestion and treat constipation due to its fiber content.
- Antioxidant Properties: Rich in vitamin C and other antioxidants, which help in boosting immunity and combating oxidative stress.
- Anti-inflammatory: Traditionally used for its anti-inflammatory properties.
- Blood Sugar Management: Some traditional practices use it to manage blood sugar levels.

### 3. Other Uses:

- Seeds: The seeds have been used in traditional medicine for their potential ant parasitic properties, but they are toxic and should be handled with care.
- Leaves and Bark: Used in traditional remedies for their supposed medicinal properties, including treating wounds and infections.

## Characteristics Feature

- Size: *Annona squamosa*, is a small, deciduous tree, typically growing to a height of 38 meters (1026 feet).
  - Leaves: The leaves are simple, oblong to lanceolate, and have a pronounced venation. They are dull green and emit a strong smell when crushed.
  - Flowers: The flowers are fragrant, with six petals, and are yellow green. They are typically solitary or in small clusters.
  - Fruits: The fruit is round or heart shaped, with a scaly or knobby surface, resembling a pine cone. The flesh is creamy white, sweet, and aromatic, containing numerous black seeds.
  - Growth: The tree prefers well drained, sandy, or loamy soils and thrives in tropical and subtropical climates. It requires regular watering but can tolerate short dry spells.
  - *Annona squamosa*, is highly valued for its delicious, sweet fruit and has been cultivated in many tropical regions around the world. Its unique flavour and creamy texture make it a popular choice for fresh consumption and various culinary applications.
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