

# FGCU Food Forest

## Plant Database

### Jaboticaba (*Myrciaria cauliflora*)

#### Quick Facts

**Origin:** Minas region of Brazil

**Description:** Slow growing large shrub. Reaches height of 10-45 feet depending on the species. The fruit is grape-like in appearance but with a thicker, tougher skin. Average size of the fruit is  $\frac{3}{4}$  - 1-1/2 inches in diameter.

**Culinary Uses:** The fruit is eaten out of hand and can be made into jellies, jams, and wines.

**Harvest:** Trees in southern Florida usually produce two crops a year. Usually ripe in the warmer months of May and September.

**Flower:** Small yellow-white flowers that come from trunks, limbs, and large branches in groups of four.

**Medicinal Uses:** Sun-dried skins is prescribed in Brazil as a treatment for hemoptysis, asthma, diarrhea and dysentery; also as a gargle for chronic inflammation of the tonsils

**Cold Tolerance:** 26 F



**General Description:** Slow growing large shrub or bushy tree. Tree has a lot of branches that are very dense. The tree height will vary by location and species, but ranges from 10-45 feet. The foliage is a very glossy dark green with leather like texture and range between 1-4 inches in length and  $\frac{1}{2}$  -  $\frac{3}{4}$  inches in width. The fruit is grape-like in appearance and texture but with a thicker, tougher skin. The whitish pulp has from one to four seeds and has an enjoyable flavor similar to muscadine grapes.

- **Native Origin:** All four of the jaboticaba species are native to the Minas Gerais region of Brazil. Some are also indigenous to other parts of Brazil, as well as areas in Bolivia, Paraguay, northeastern Argentina, Uruguay and Peru. In Brazil jaboticabas are cultivated from the southern city of Rio Grande to Bahia, and from the seacoast to Goyaz and

Matto Grosso in the west. It was introduced into California (at Santa Barbara) about 1904.

- **Harvesting Techniques** Jaboticaba fruits are ready to harvest when they are fully developed in color and are soft just like a grape. They are harvested in the interior and are shipped in wooden boxes.
- **Season of Harvest:** Timing of the fruit varies. You could see Florida produce two crops a year. If the trees are heavily irrigated in the dry season one could see several crops a year.
- **Culinary Uses** The fruits are often used for making jelly, jams, and wines. In South American they are typically eaten out-of-hand. It is recommended to peel the fruit to avoid a strong tannin flavor.
- **Nutritional Value/Medicinal Uses:** Jaboticaba has a predominant source of carbohydrates, calcium, and phosphorus. The sun-dried skin is prescribed in Brazil as a treatment for hemoptysis, asthma, diarrhea and dysentery. It is also used as a gargle for chronic inflammation of the tonsils.

Jaboticaba Scientific Classification	
Kingdom:	Plantae
(unranked):	Angiosperms
(unranked):	Eudicots
Order:	Myrtales
Family:	Myrtaceae
Genus:	Plinia
Species:	<i>P. cauliflora</i>

### **Sources**

<http://www.crfg.org/pubs/ff/jaboticaba.html>

<https://www.hort.purdue.edu/newcrop/morton/jaboticabas.html>