

# FGCU Food Forest

## Plant Database

### Jujube (*Ziziphus jujuba*)

**Origin:** China

**Description:** A deciduous shrub tree 5-12 m high usually with thorny branches. The fruit is an edible oval drupe starting a green color and then maturing to brown or purplish black, and eventually wrinkled.

**Uses:** Food

**Harvest:** It is in flower from April to May, and the seeds ripen in October.

**Flower:** Small, 5 millimetres (0.20 in)

**Tolerance:** Virtually no temperature seems to be too high in summertime.

withstand temperatures to about -28° F, yet it requires only a small amount of winter chill in order for it to set fruit. Jujubes prefer sandy, well-drained soils.



**General Description:** The jujube is a small, deciduous tree, growing to 40 feet tall in Florida. The naturally drooping tree is graceful, ornamental and often thorny with branches growing in a zig-zag pattern. The wood is very hard and strong. Jujube cultivars vary in size and conformation, with some being very narrow in habit and others being more widespread. After 30 years of growth in an average site, trees can be 30 feet tall with a crown diameter of up to 15 feet. Plants send up suckers (often with intimidating spines) from their roots, and these suckers can appear many feet from the mother plant. Currently, these root suckers must be

controlled by mowing or hoeing.

- **Native Origin:** The jujube originated in China where they have been cultivated for more than 4,000 years and where there are over 400 cultivars.
- **General History:** The plants traveled beyond Asia centuries ago and today are grown to some extent in Russia, northern Africa, southern Europe, the Middle East and the southwestern United States. Jujube seedlings, inferior to the Chinese cultivars, were introduced into Europe at the beginning of the Christian era and carried to the U. S. in 1837. It wasn't until 1908 that improved Chinese selections were introduced by the USDA.
- **Distribution:** Its precise natural distribution is uncertain due to extensive cultivation, but is thought to be in southern Asia, between Lebanon, Iran, Pakistan, India, Bangladesh, Nepal (called "bayar"), the Korean peninsula, southern and central China, and also southeastern Europe, though more likely introduced there. The jujube can grow in mountain or desert habitats, provided there is access to underground water throughout the summer.
- **Season of Harvest:** Although it varies with location, jujube usually starts to leaf out in April or May, blooms in June to July, and matures in late August to October. The crop ripens non-simultaneously, and fruit can be picked for several weeks from a single tree. If picked green, jujubes will not ripen. Ripe fruits may be stored at room temperature for about a week.
- **Uses:** Jujube fruit is recognized as a nutritious food and important traditional medicine in China, Korea, Japan, and Southeast Asia. Jujubes are richer in vitamin C, sugar, bioflavonoids, edible cellulose, and minerals than other fruit species. Soluble solids content ranges from 20 to 40% in fresh mature fruit. Carbohydrate content in dried jujubes can reach as high as 70 to 85%. Fresh jujube fruit contains 200 to 500 mg of vitamin C per 100 g fresh weight, while apple, pear, and peach have 1 to 8 mg/100 g fresh weight. Jujubes are also rich in cyclic adenosine monophosphate (cAMP), which is an important "second messenger" in many biological processes in the human body. Dried jujubes are a nutritious snack and can replace raisins and dates in baking. Recipes have been created for jujube cake, jujube butter, candied jujubes, and jujube syrup. In China and Southeast Asia, besides being eaten fresh and dried, jujubes are also processed as candied fruit, smoked fruit, juice, jam, wine, mixed beverages, powders, and tea. Dried fruits are also cooked in porridge or broth, and are further processed into a paste for moon cake filling.

Jujube	
Scientific Classification	
Kingdom:	Plantae
(unranked):	Angiosperms
(unranked):	Eudicots
(unranked):	Rosids
Order:	Rosales

Family: Rhamnaceae

Genus: *Ziziphus*

Species: ***Z. jujuba***

### **Sources**

[https://en.wikipedia.org/wiki/Jujube#Cultivation\\_and\\_uses](https://en.wikipedia.org/wiki/Jujube#Cultivation_and_uses)

<http://www.missouribotanicalgarden.org/PlantFinder/PlantFinderDetails.aspx?kempercode=d475>

<http://www.pfaf.org/user/Plant.aspx?LatinName=Ziziphus+jujuba>

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

[http://aces.nmsu.edu/pubs/\\_h/H-330/welcome.html](http://aces.nmsu.edu/pubs/_h/H-330/welcome.html)

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