

Custard Apple



Custard apple is a common name for some fruit, and the tree which bears it, *Annona reticulata*.

The fruits vary in shape, heart-shaped, spherical, oblong, or irregular. The size ranges from 7 to 12 cm (2.8 to 4.7 in), depending on the cultivar. When ripe, the fruit is brown or yellowish, with red highlights and a varying degree of reticulation, depending again on the variety. The flesh varies from juicy and very aromatic to hard with an astringent taste. The flavor is sweet and pleasant, akin to the taste of 'traditional' custard.

The custard apple is native to the Americas, but has been found on the island of Timor as early as 1000 CE

Custard apple may also be the name of some similar fruits produced by related trees:

Description-

Flower, Seedling, Branches

The fruit of *A. squamosa* (sugar-apple) has sweet whitish pulp and is popular in tropical markets.

Stems and leaves

Branches with light brown bark and visible leaf scars; inner bark light yellow and slightly bitter; twigs become brown with light brown dots (lenticels – small, oval, rounded spots upon the stem or branch of a plant, from which the underlying tissues may protrude, or roots may issue).

Thin, simple, alternate leaves occur singly, 5 centimeters (2.0 in) to 17 centimeters (6.7 in) long and 2 centimeters (0.79 in) to 6 centimeters (2.4 in) wide; rounded at the base and pointed at the tip (oblong-lanceolate). Pale green on both surfaces and mostly hairless with slight hairs on the underside when young. The sides sometimes are slightly unequal, and the leaf edges are without teeth, inconspicuously hairy when young. Leaf stalks are 0.4 centimeters (0.16 in) to 2.2 centime

In traditional Indian, Thai, and American medicine, the leaves are used in a decoction to treat dysentery and urinary tract infection. In traditional Indian medicine, they are also crushed and applied to wounds. In Mexico, the leaves are rubbed on floors and put in hens' nests to repel lice. In Haiti the fruit is known as Cachiman and is used to make juice. In Lebanon and Syria, it is made into a variety of deserts and referred to as 'asthma'.

Uses-

The pulp may be eaten raw and tastes aromatic sweet, with a custard-like flavor; it is used also to prepare juices, jellies, and compotes. The sugar apple is consumed as a fresh dessert fruit or used for preparing juice and ice cream.

Annona squamosa healthy-

Annona squamosa is a lowland tropical shrub that possesses a high pharmaceutical potential for treating cardiac ailments, thyroid-related disorders, diabetes, and cancer

sugar apple good for diabetes

Fact: It's low on Glycemic Index and local. Seasonal fruits are recommended for diabetics. Fact: It is a good source of Vitamin B complex, especially Vitamin B6 so it even works at reducing bloating. Fact: High on minerals like Manganese and Vitamin C, it has an anti-ageing effect on the heart and circulatory system

Consider steeping a cup of green tea, which contains 28 milligrams of caffeine, according to the Mayo Clinic, and may help fend off diabetes. A review of studies suggested that green tea and green tea extract may help lower blood glucose levels and may play a role in helping prevent type 2 diabetes and obesity.



References-

- https://en.wikipedia.org/wiki/Annona_reticulata
- <https://www.healthline.com/nutrition/cherimoya>