



E-Calendar

2021



INTERNATIONAL YEAR OF
FRUITS AND VEGETABLES

2021

***Underutilized Fruits of
Andaman and Nicobar Islands, India***

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Published by:
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Garcinia andamanica King.

Family: Clusiaceae

Growth Habit: Tree



Photo credit: Dr. Pooja Bohra

*Burma phal or Andaman Kau Phal is an endemic species with edible fruits.
Dehydrated rind has potential as an acidulant.*

January 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

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Garcinia dhanikhariensis S.K. Srivastava

Family: Clusiaceae

Growth Habit: Tree



Photo credit: Dr. Ajit Arun Waman

Andaman Kokum is an endemic species with tangy fruits. Anthocyanin rich fruits have good processing potential and are potential natural colourant.

February 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
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Haematocarpus validus (Miers)

Bakh. f. ex Forman

Family: Menispermaceae

Growth Habit: Liana



Photo credit: Dr. Ajit Arun Waman

Blood fruit or Khoon phal is a native fruit of the islands. Species has been identified as a novel natural colourant and is being domesticated

March 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
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21	22	23	24	25	26	27
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Baccaurea ramiflora Lour.

Family: Euphorbiaceae

Growth Habit: Tree



Photo credit: Dr. Ajit Arun Waman

Burmese Grapes or Khatta phal is naturally distributed and is among the most popular underutilized fruits of the Islands.

April 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
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25	26	27	28	29	30	

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Garcinia celebica Linn.

Family: Clusiaceae

Growth Habit: Tree



Photo credit: Dr. Ajit Arun Waman

Nicobari Mangosteen is a native species with pitcher shaped, sweet & sour fruits. Fruits are relished by settlers & tribes equally.

May 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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23	24	25	26	27	28	29
30	31					

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Averrhoa bilimbi Linn.

Family: Oxalidaceae

Growth Habit: Tree



Photo credit: Dr. Pooja Bohra

Bilimbi is a commonly found backyard species in the Islands. Excessively sour fruits, rich in oxalic acid, are processed into pickles and chutneys.

June 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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20	21	22	23	24	25	26
27	28	29	30			

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Ardisia oxyphylla Wall. ex A.DC.

Family: Myrsinaceae

Growth Habit: Shrub



Photo credit: Dr. Ajit Arun Waman

Khaadi phal is a natural inhabitant of the shores of these islands. Small edible fruits are source of anthocyanin pigments.

July 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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Semecarpus kurzii Engl.

Family: Anacardiaceae

Growth Habit: Tree



Photo credit: Dr. Ajit Arun Waman

Wild cashew or Bada bilwa is an endemic species. Although not popular among the masses, fruits are consumed by Onge tribe.

August 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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22	23	24	25	26	27	28
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Syzygium aqueum (Burm. f.) Alston

Family: Myrtaceae

Growth Habit: Tree



Photo credit: Dr. Pooja Bohra

Watery rose apple is a common backyard crop in most islands. The species exhibits multiple fruiting seasons & produces crispy fruits.

September 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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Garcinia kydia Roxb.

Family: Clusiaceae

Growth Habit: Tree



Photo credit: Dr. Ajit Arun Waman

Orange Kau Phal is a rare species found in the islands. Both peel and pulp are sour and have delicate aroma. Peel has processing potential.

October 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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Garcinia dulcis (Roxb.) Kurz.

Family: Clusiaceae

Growth Habit: Tree



Photo credit: Dr. Pooja Bohra

Mundu is a native species with large sized fruits. Both peel and pulp are edible with mildly sour to sweet taste. Seeds are source of fats.

November 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
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Dillenia indica Linn.

Family: Dilleniaceae

Growth Habit: Tree



Photo credit: Dr. Ajit Arun Waman

*Elephant apple or Chalita is a popular species with large showy flowers.
Edible calyx is processed into chutneys.*

December 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
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