

Citrus grandis

Common name: Pomelo, Chinese grapefruit, Shaddock, Batawi-nimbu

Family: Rutaceae

Habit: Tree

Location: Hostel

Distribution: The pomelo is native to Southeast Asia and all of Malaysia, and grows wild on river banks in Fiji, Tonga, and Hawaii. It may have been introduced into China around 100 B.C. the pomelo is commonly consumed and used for festive occasions throughout Southeast Asia and East Asia.

Description: The pomelo is a citrus fruit, usually a pale green to yellow when ripe, larger than a grapefruit, with sweet flesh and thick spongy rind. The largest citrus in the world, the pummelo can reach 12" in diameter. The pummelo tree may be 16 to 50 ft tall, with a somewhat crooked trunk 4 to 12 in thick, and low, irregular branches. Some forms are distinctly dwarfed. The young branchlets are angular and often densely hairy, and there are usually spines on the branchlets, old limbs and trunk. Technically compound but appearing simple, having one leaflet, the leaves are alternate, ovate, ovate-oblong, or elliptic, 5-20 cm long, 2-12 cm wide, leathery, dull-green, glossy above, dull and minutely hairy beneath. Leaves have a distinctly winged-stalk. The flowers are fragrant, borne singly or in clusters of 2 to 10 in the leaf axils, or sometimes 10 to 15 in terminal racemes 4 to 12 in long; rachis and calyx hairy; the 4 to 5 petals, yellowish-white, 1.5-3.5 cm long, somewhat hairy on the outside and dotted with yellow-green glands; stamens white, prominent, in bundles of 4 to 5, anthers orange.

Uses:

The juice can be drunk, and the rind is used to make preserves, or may be candied. It is often eaten as a dessert, sometimes sprinkled with sugar. It has anti-microbial properties, anti-cancer properties, anti-oxidant properties, anti-inflammatory properties, anti-parasitic properties, etc. It boosts immunity, maintains heart health, relaxes muscle cramps, treats constipation, fosters healthy eye-sight, uplifts liver function, cure anemia, etc.

