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THE WONDERFUL FRUIT PRODUCING ALCOHOLIC BEVERAGE FOR HUMAN AND ANIMALS

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Marula (*Sclerocarya birrea*) is taken into account to be the "Traditional Food Plant" of Africa. These trees are known by different names in several regions. A number of its common names include Morula, Jelly Plum, Cider Tree, Marriage Tree, Cat Thorn, Canhoeiro, Dania, Mutsomo, Mushomo and Umganu. Marula could be a medium sized tree. This tree is especially found in Miombo Woodlands in several regions of Africa. It's a deciduous tree belonging to a similar family (Anacardiaceae) as cashew, mango and pistachio. The fruits of this tree are the foremost source for "Amarula Cream Liqueur" and other alcoholic beverages. The nuts are consumed as seeds by humans and rodents.

Description of Marula Tree

This is a dioecious tree which suggests male and feminine flowers grow on separate trees. The feminine trees bear female flowers and fruits, while the male trees bear only male flowers. The crown of these single stemmed trees spreads during a good area. These trees have compound leaves consisting of seven to 10 small paired leaflets. The raw fruits are green, which turn yellow as they ripen. The white, juicy flesh features a novel flavour. The fruit is a drupe with a leathery epicarp, fleshy mesocarp (edible) and seed with hard covering (stone) endocarp. The buds of both male and feminine flowers are red. The marula inflorescence is a spiky, delicate flower of pink, lilac and white colour. The seeds of the Marula tree are situated inside the hard walled walnut sized stone. These edible Seeds are

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brownish with a tasty nutty flavour. The bark is irregularly spotted and freckled. They typically grow somewhere between 18m and 20m tall.

Uses of Marula

The fruits and nuts of those trees are used for various purposes.

Edible Usage

- The nuts, fruits and thus the extracted volatile oil have numerous edible uses.
- These fruits are used for preparing alcoholic drinks like beers and wines, including the famous South African "Amarula Cream Liqueur".
- These fruits also are used for preparing delicious jam, jelly and juice.
- The nuts of this tree prepare good snacks and are consumed raw or roasted.
- The nuts are utilized in many preparations for the aim of adding a special flavour to the food.
- The essential oil extracted from the seeds of *Sclerocarya birrea* is used as a highly nutritious oil.
- The skin of those fruits is dried, so on use it as a substitute for coffee.

Medicinal Usage

- Different parts, including the bark and thus the leaves of those trees, have some medicinal uses.
- The green leaves of this tree are believed to be ready to relieve heartburn.
- The Marula tree bark is used for the treatment of several diseases like diarrhoea, malaria and dysentery.

Other Usage

- These fruits are used as pesticides.
- The Marula oil is employed in natural therapies and for preparing cosmetic products.
- The wood of those trees is employed for creating furniture.

Products

- Amarula and Chocolate Covered Strawberries
- Amarula Mocha Truffles

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- Amarula Cheesecake
- Amarula French toast
- Salad with Amarula and topping
- South African Smoothie

Marula Side Effects

There are not any known side effects of those fruits or nuts. But sometimes nuts may cause allergies or allergenic reactions to parents that are allergic to nuts.

Marula Interesting Facts about these fruits

- They're a great favourite with an honest range of untamed animals, including elephants, monkeys, giraffes and wild boars.
- The foremost interesting thing about these fruits is that they become alcohol by undergoing fermentation within the stomach of the animals. As a result, the animals become drunk.
- The "Amarula liqueur" produced from these fruits is ranked third among the sole selling cream liqueurs.
- In certain communities, people store the nuts of Marula fruit to use them as an emergency food source. These nuts also are considered to be a mark of friendship by some people in Africa.

Growing Conditions

Soil: Sandy loam soil is true for these trees to grow properly.

Climate: Semiarid to sub-humid climates are ideal for these deciduous trees. But, they go to also survive in difficult climatic conditions.

Sunlight: Natural sunlight is sufficient for them. However, they need excellent resistance to harsh sunlight and warmth.

Water: Normal rainfall is required for their proper growth. The roots of Marula can store much water that keeps the trees alive even in draughts.

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Harvesting

The fruits ripen between the months of mid January and mid March and fall from the Marula trees as soon as they ripen and turn yellow. People collect the fruits from under the trees. The nuts are easy to gather once the outer shell is dry. Otherwise, one has got to break the outer shell so on urge the nut.

Conclusion

Marula fruit has been part of a supplemental diet in many African countries. Consumption of its leaves, fruits, and nuts is becoming very popular. Many products have been developed from different parts of the Marula tree for either medicinal or nutritional uses. Marula seed oil is a valuable source of essential fatty acids, phytosterols, phospholipids and tocopherols. The high levels of those bioactive lipids are of importance in nutritional applications. On the contrary, different parts of the Marula tree have significant effects on multiple biological systems.

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