

## Cashew apple or Caju

- Rich source of vitamins, minerals, and other essential nutrients
- Up to five times more vitamin C than oranges
- Exotic fruit native to Brazil that grows bright red, orange or yellow in color
- Exquisite sweet flavour
- Used for centuries by natives of Brazil for its medicinal properties

Did you know that the cashew tree not only produces the well known cashew nut, but also a nutrient rich fruit, called the cashew apple? The cashew juice from this fruit is one of the top selling juices in Brazil. Now you too can discover this popular Brazilian sweet fruit as a refreshing and nutritious juice!

In fact, the cashew apple is not a true fruit, but the swollen stalk to which the cashew nut is attached. Cashew apples are vitamin-C rich and in Brazil they are eaten fresh or juiced. The apple is often bright red, orange, or yellow in colour, and has a spongy, fibrous and very juicy yellow pulp from which a refreshing sweet juice is made. In addition to being delicious, the cashew apple is a rich source of vitamins, minerals, and other essential nutrients. It has up to five times more vitamin C than oranges and contains high amounts of mineral salts.

Cashew trees (*Anacardium occidentale*), native to the northeast coast of Brazil, are often found growing wild on the drier sandy soils in the central plains of Brazil and are cultivated in many parts of the Amazon rainforest.

The fruits of the cashew tree have been used for centuries by the indigenous tribes of the rainforest, and are still a commonly cultivated plant in their gardens. In fact the tree has a wide range of uses apart from its delicious cashew apple and nut; ink is provided by the bark; the shell of the nut provides an insect-repelling oil and has industrial applications in the plastics and resin industries for its phenol content; the leaves and bark are used medicinally; the cashew nut has international appeal and market value as a food; the fruit is used to make highly nutritive snacks and juices; and fruit extracts are now being used in body-care products. Because of its high amount of vitamin C and mineral salts, cashew fruit is used as a catalyst in the treatment of premature aging of the skin and to remineralise the skin. In addition, the cashew apple juice is often prescribed as a remedy for sore throat and chronic dysentery in Brazil. The list of applications for this marvellous fruit goes on!



One of the most popular fruits in Brazil. The cashew is a fruit that consists of a nut and an apple underneath. The apple is the link to the tree. Although the nut is technically the fruit, the apple itself is a way to seduce the birds to pick the nut-with its lovely aroma, colour and taste. Birds would then pick the fruit and spread the nuts (seed/fruit) around. The cashew is fleshy and its peel is yellowish and red in its cheek. It contains iron, potassium, calcium, vitamins A and C. It fights colds, promotes healthy gums, strong blood vessels and has a positive effect in the prevention of bleeding. It is said to enhance physical performance.

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