Red Water Apple / Wax Apple / Rose Apple Farming..!

Water apple also known as watery rose apple or rose apple is known for its therapeutic application for treating various ailments including heart conditions and liver disorders.

Water apple thrives in wet warm and humid climatic conditions were the soil has rich moisture content. It grows up to a height of three to ten metres with a deep brown bark supporting widespread branches. The leaves of the tree re are long and narrow and have a prominent sheen. Water apples blossom in the summer months (India) of May through August with pale green, cream and white flowers and full bloom from August through November upon developing the fruits.

Water apples

The fruits are creamy green in colour and turn a pinkish red once completely ripened. The unripe green water apple is ideal for the preparation of pickles, curries and chutneys.

Apple fruits are bell shaped, have crimson skin on the outside encompassing a white Juicy flesh with one or two grey seeds in the interior.

Benefits of water apples

Water apple is ideal for weight loss due to its low calorie content and negligible amounts of saturated fats. They also provide dietary fibre to aid in digestion and has no cholesterol for better heart function.

Water apples are rich in vitamin C for boosting immunity and vitamin A for proper vision. They are also abundant in vitamin B which helps in regulating metabolism.

Uses of water apples

Rose water are advantageous to women in crucial phases of pregnancy and post childbirth.

Water apples posses vast amounts of crucial trace minerals like iron, calcium and anti- inflammatory properties to those suffering from chronic conditions.

In addition to the pleasant aroma, pulpy flavour and enumerable health benefits, the fruits can serve as an added addition to the daily diet. They are also consumed in jams, fresh juices, pickles and salads.