

RESEARCH ARTICLE

Cordia gharaf: An important lesser known fruit tree of Rajasthan

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SUMMARY

Cordia gharaf is a small bushy tree or a large shrub belonging to family Boraginaceae found growing in the arid and semi-arid tropics. It is mainly important due to its ethnopharmacological and chemotaxonomic properties but also has edible fruits which contribute significantly to the food and energy needs of rural populations. Fruits are sweet and mucilaginous and much relished by children. These are either eaten raw or cooked, often put in porridge and used as a sugar substitute. They are often sold in the local market of Jodhpur, Rajasthan, at about Rs. 80-100/- per kg. Owing to edible and medicinal importance of fruits these were collected and analyzed for their nutritional composition. Morphological data was recorded and ash, protein, sugar, fat, dietary fibre and mineral content were determined by standard AOAC methods. Fruits were found to be rich in protein (11.37-12.85%), sugar (8.14-15.13 %) and minerals viz., Ca 0.27-0.76 mg/100g, Fe (6.7-11.85 mg/100g) and Zn (2.0-2.7 mg/100g), Mg (60.7-86.5 mg/100g), Mn (0.3-1.1 mg/100g) and Cu (1.3-1.6 mg/100g). Results indicated that *Cordia gharaf* fruits can be used as a supplementary food in this region and promotion of these trees can help generate livelihood for the local mass.

Key Words : Nutritional, Minerals, Underutilized, Supplement, Sugar, Protein

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