



## Tamarind, the Indian Date: Growing Practices and Health Benefits

By Roby Jose Ciju

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Tamarind is a multipurpose tree. Timber of a fully grown tree yields brown-colored hardy durable heartwood which is used for various carpentry purposes. Young, tender leaves are used as a delicious vegetable. Its pod-shaped fruit has great commercial value. Fruit may be eaten raw or may be used in various culinary or medicinal preparations. Fruit pulp extracted from mature, ripe fruits after removing seeds are available in the market for culinary uses.

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