



Gyan Bharati School

THE JAMUN TREE

**LIVE IN EACH SEASON AS IT PASSES; BREATHE THE
AIR, DRINK THE DRINK, TASTE THE FRUIT.**

History of the Jamun Tree...

Jamun is indigenous to India. It's an evergreen tree and hence used as an avenue tree or as a wind break. The fruit is consumed like a health snack in many parts of the world. It's loaded with antioxidants and flavonoids essential for a healthy body and mind.



DID YOU KNOW??

- Jamun changes its color from green to red when on the tree, and settles down to purple when they mature.
- Jamun can last up to three weeks if refrigerated in a perforated bag!
- Temples dedicated to Lord Rama often feature Jamun trees, and the leaves and fruits are utilized as offerings and altar decoration.



It is believed that this exotic fruit has its origins in Neolithic times when man consumed wild berries, wild plums, and nuts as staple food. In India, Jamun is referred to as the **'Fruit of Gods'**. The fruit is also of significant importance in Hindu mythology. During his 14-year exile from Ayodhya, Lord Rama is believed to have eaten several berries and plums including Jamun. Jamun trees require partial rainfall and thrive in dry weather. Jamun that comes from various parts of the world differs in size because of varied soil and weather conditions.



Today Jamun can be found worldwide in tropical to subtropical climates and is a fast-growing, aggressive tree. The cultivar is sometimes considered invasive in parts of Oceania, the Caribbean, Hawaii, and South Africa. When in season, Jamun fruits are harvested daily and are sold through local markets and roadside stands, foraged from wild and cultivated trees.

SOIL

The jamun tree can grow on various soils like calcareous, saline sodic soils and marshy areas. For high yield potential and good plant growth, deep loam and a well-drained soil are needed as they retain sufficient soil moisture beneficial for optimum growth and good fruiting.

CLIMATE

It can be grown successfully in semi-arid subtropical regions with an annual rainfall from 350 to 500 mm. It is also found growing in the lower ranges of the Himalayas up to an altitude of 1300 meters and requires dry weather at the time of flowering and fruit setting.

PROPAGATION

It is propagated both by seed and vegetative methods. Though vegetative methods followed in most cases have attained some success, seed propagation is still preferred. Germination takes place in about 10 to 15 days. Seedlings are ready for transplanting for the use as rootstock in the following spring (February to March) or monsoon i.e., August to September.

PLANTING

Jamun is an evergreen tree and can be planted both in spring i.e., February -March and the monsoon season i.e., July-August. The latter season is considered better as the trees planted in February- March have to pass through a very hot and dry period in May and June soon after planting and generally suffer from mortalities from the unfavorable weather conditions. Jamun fruit is highly perishable and can be kept satisfactorily for about 4-5 days under ambient conditions.

STORAGE

Jamun fruit is highly perishable and can be kept satisfactorily for about 4-5 days under ambient conditions. A seedless jamun selection, identified by CISH, Lucknow has good shelf-life of 5 - 7 days under ambient conditions and 20 days at low temperature (4 °C). Since seedless jamun can be stored for longer periods with good keeping quality, this selection appears to have good potential for export to nearby countries.

HARVESTING

The seedling plants start bearing after 8-10 years, while grafted ones after 4-5 years of planting. The fruits ripen in the month of June -July depending upon the variety and agro-climate. The fruits are generally harvested daily and delivered to markets on the same day as they have very low shelf life.

CROP PROTECTION

In order to control the pest, spray of dimethoate 30 E.C. (0.06 %) or malathion (0.05 %) during active vegetative growth period is recommended. Area under the tree should be dug, so that the maggots in the affected fruits and the pupae hibernating in the soil could be destroyed.

USE OF FERTILIZERS AND IRRIGATION

The jamun trees are generally not manured because they can stand a good deal of neglect. An annual dose of about 19 kg farmyard manure during the pre-bearing period and 75 kg per tree bearing trees is considered. Young Jamun plants in early stages require frequent watering, initial stages of plants require irrigation about per year. Mature trees require once in 2 months in a year important at the fruit ripening stage.

GEOGRAPHICAL ASPECTS OF JAMUN TREE

Comic Strip



USES OF JAMUN TREE

Commercial Use

- Jamun is used to make jellies, jams, wines, vinegar and other beverages.
- It is also used to make squash when combined with sugar, water, citric acid and sodium benzoate. The last one is added as a preservative.
- Ripe jamuns are used in making fantastic wines while unripe fruits are employed to produce tart vinegar.
- Packaged jamun juices are also available in the market, however, it is much better to make organic jamun juice at home.

Economic Use

- It's wood is sometimes used in order to produce cheap furniture.
- It is widely cultivated for its seeds which are eaten by humans, small animals, etc.
- The leaves of the Jamun Tree are usually used as food for livestock since they have good nutritional value.

Medicinal Use

- Gargling diluted Jamun juice can be used in treating throat problems.
- Drinking juice of a ripe jamun fruit can be helpful in curing urine retention and enlargement of spleen.
- As Jamun exhibits astringent and antibacterial properties, the juice is useful for treating fungal infections on the scalp.
- Ayurveda also suggests using the crushed leaves of jamun as a poultice for skin problems.
- Consuming jamun regularly can provide you relief from bleeding hemorrhoids.

Traditional Uses

- According to Ayurveda, Jamun is a pivotal ingredient in treating majority of health disorders.
- Jamun is considered to be a magic tree as it is beneficial right from the root, leaves, fruits and even bark for numerous medicinal properties.
- The pulp and the seeds are significant for treating diabetes while the leaves of the tree are useful for teeth and gum disease.
- The bark of the tree prevents gingivitis and is also effective against infestation of worms in the body.

Different Types of Jamun...

RAM JAMUN

This type of fruit has small seed with good amount of pulp and bigger in size. This fruit is very juicy and sweet. It is widely grown in the larger parts of India from the Indo-Gangetic plains in the North to Tamil Nadu in the South.



BHADO

The fruits of this variety are of normal size. The fruits are ready after the rainy season in the month of August. The taste of the fruits of this variety is slightly sweet with sourness. Grown mostly in Tamil Nadu, Gujrat, Assam.



JAVA PLUM

The fruit is oblong, ovoid. Unripe fruit looks green. As it matures, its color changes to pink, then to shining crimson red and finally to black color. The fruit has a combination of sweet, mildly sour and astringent flavour and tends to change the colour of the tongue purple.



CISH J - 37

The fruits of the Jamun variety are dark black in color. Which are ready by ripening in the rainy season. The size of the kernels in its fruits is small. Its anus is sweet and juicy. Usually grown in Lucknow



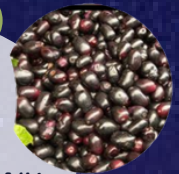
RIG JAMUN

Rie Jamun is one of the dominantly cultivated varieties of Jamun in northern India. These fruits are juicy and have a sweet taste, which comes with a small drupe at the center. Maharashtra and Gangetic plains of Uttar Pradesh as its largest producing states



GOMA PRIYANKA

Jamun Goma Priyanka has semi-dwarf plant stature with spreading growth habit. Its plants grow erect and become overcrowded which pose problem for harvesting. But the fruits of this variety are sweet in taste and usually grown in Gujarat.



Health Benefits

The Jamun tree has been known for its medicinal benefits since ages. It is said to be Lord Rama's favourite fruit, that sustained him during his exile. The fruit is a considerable source of minerals, particularly Iron and Potassium, as well as antioxidants. In today's world where most people depend on artificial supplements, the high natural acid amount in the jamun such as vitamin c has applications in both improving health and food preservation. Considered to be the "miracle fruit" for diabetics, due to its strong anti-diabetic properties, consuming half a teaspoon of Jamun seed powder on a regular basis has been shown to lower blood sugar levels by 30%.



Not only is it excellent for the digestive system it can even help in losing weight. In the post covid time where keeping one's immune system strong is of utmost priority it aids in the absorption of nutrients in our body, boosting immunity. Known to be Highly beneficial for the health of gums and teeth, it also helps in keeping the heart rhythm under control.

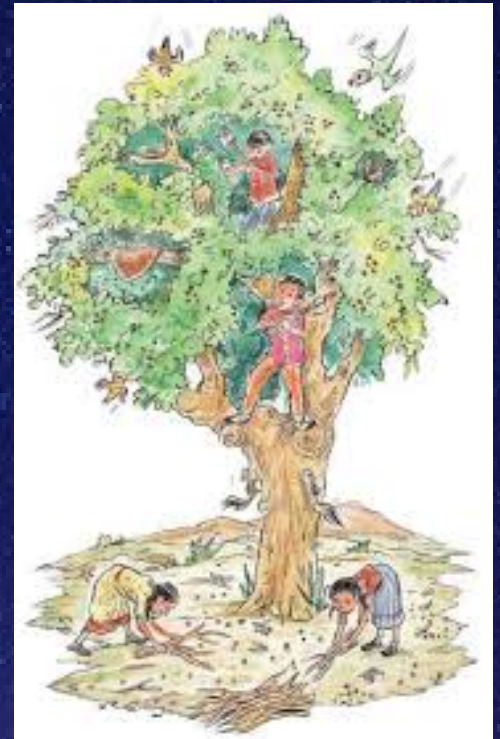
Are best friends supposed to be like this??

The small boy ate a Jamun
in excitement, planted the seed in his garden
hoping to wake up the next morning with a view of the Jamun Tree.

He grew, steadily and slowly
not alone, with his buddy the small Jamun sapling.
Came back home from school and watered the plant
with much love, they had the best bond.
During heavy rains, the boy stood with an umbrella
to save the tree from getting sabotaged by the forceful water.

The boy grew up, so did the tree
It cast a shadow of at least 20 feet
'What a beauty', praised the man now,
'What a lovely trunk, dainty fruits
I'll be so rich,' he wondered
Alas! The tree thought he was being adored
But who knew his roots would be naked the next day,
he would be discolored, the ground where he stood
would turn into a massive hole

who knew his fruits would be forcefully plucked
and he would be stripped of the things that made him attractive
The Jamun Tree silently cried, invisible tears and shouts
The only thought that struck his mind-
Are best friends supposed to be like this?
If yes, then I proudly give myself to him...



The tall broad tree with those purple jewel'
the juicy delight
but it stood all alone
in the blight darkness of daylight
people staring at the tree
holding axes, large trucks parked behind
were they all here to appreciate the majesty
asked the Jamun Tree to itself,
The traffic stopped, silence surrounded
One huge blow, futile

The second round of axe struck, all that came down
Were the Jamuns the men tried a taste
Face blown away, weapons dropped
What was happening, muttering started
All started walking backward, went to their vehicles
Back to square one thought the tree,
feeling lonely, hoping the people came back
But there was this girl, sitting under the tree
devouring the Jamuns and crying
hoping the people never came back, sobbing
For how could she tell the Jamun foliage
that no one really understood the importance except her
as the tree was all she had to live on
and if tomorrow the crowd came once again to cherish the tree
She would lose the only reason for her existence.

Small purple diamonds
fallen down on the road
Will someone even notice me?
the Jamun Tree questioned its existence
People came, picked up the Jamuns and then walked away,
no one cared to show adoration to the tree
the Jamuns sold in the market, expensive gold
shouldn't the tree be thanked?
Shouldn't it be treated properly?
cause for now it's living on god's rains,
the rotten food thrown around it
and the small animals willing to till the ground
just for the tree to breathe through its roots.

Poems by Navyasha Chaddha



The lutyens' heritage trees



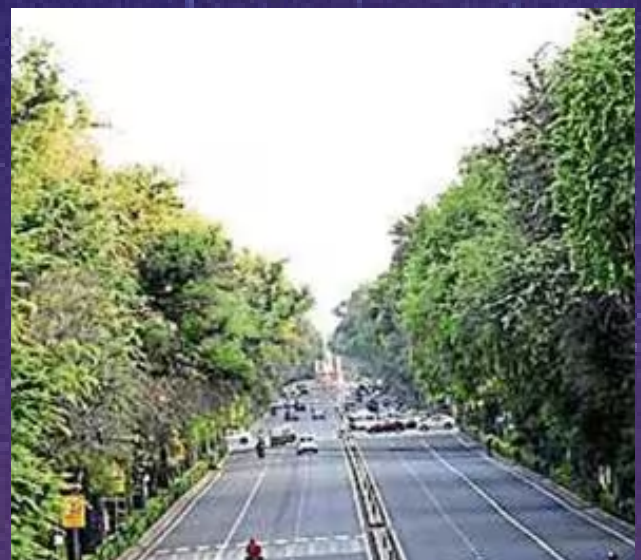
The lutyens' heritage trees Old Jamun trees, predominantly planted in the Central Vista Avenue in the 1920s as part of British architect Edwin Lutyens' design, are approaching the end of their lifecycle and will be replaced as part of the area revamp. Now the government has decided to uproot these jamun trees at the Central Vista. But the proposal to remove possibly hundreds of mature jamun trees from Central Vista has no scientific basis. The jamun trees of Central Vista are an entire ecosystem on their own, both culturally and ecologically. They are an integral part of the landscape – who doesn't remember strolling under these trees on a lazy winter afternoon spent picnicking in these vast lawns? The rights to the fruits were auctioned off, and many of us have fond memories of gorging on these fruits bought from the jamun sellers right there, in Lutyens's Delhi.

DID YOU KNOW??

Tribals use dried leaves and twigs of Jamun to clean their teeth, since they have anti-pyretic and anti-bacterial properties.

• It's high water content is beneficial in summers to keep the skin hydrated.

In a highly dense and polluted city like Delhi, we must preserve every bit of greenery we have, especially our large, heritage trees. Jambudvipa – the land of the jamun – one of the ancient names for India tells us how deeply the jamun is engraved in our culture, our heritage and our psyche. The magnificent jamun trees of the Central Vista are worthy of our protection. Diseased and damaged trees should be treated, and only trees that are dying and cannot be saved should be replaced. There is absolutely no rationale for cutting trees in large numbers. This ill-thought-out plan is nothing short of mass-murder.





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