

***Psidium guajava* (Guava)**

Classification

Kingdom: Plantae

Clade: Tracheophytes

Clade: Angiosperms

Clade: Eudicots

Clade: Rosids

Order: Myrtales

Family: Myrtaceae

Genus: *Psidium*

Species: *guajava*



PHYSICAL CHARACTERISTICS

Height: Guava is a small branched tree or shrub up to 7-10 m tall. The root system is superficial.

Trunk: The trunk is woody, hard, with a characteristic smooth pale mottled bark that peels off in thin flakes, after the trunk has grown to about 20 cm in diameter.

Leaves: Guava leaves are dark green, elliptical, oval and characterised by their obtuse type apex. Guava leaves are average 7-15 cm long and 3-5 cm wide.

Fruit: Guava is a berry with few to many small brown seeds. The fruit is very variable in size and other characteristics depending on the cultivar. Fruit shape ranges from round, ovoid to pear-shaped. The peel colour ranges from green to yellow and flesh. The colour may be white yellow, pink or red.

DISTRIBUTION AND HABITAT

Guava trees are native to tropical Asia and are grown in tropical and subtropical areas worldwide. It is a crop of economic importance in India, Florida, Hawaii, México, Venezuela.

CULTIVATION AND USES

Psidium guajava has been used in traditional medicine. The fruit is used for the preparation of processed products like jams, jellies and nectar. People use guava leaf for stomach and intestinal conditions, pains, diabetes and wound healing. The fruit is used for high blood pressure. Guava jelly is very popular for its attractive purplish-red colour, pleasant taste and aroma.

INTERESTING FACTS

Guava is called the super fruit because it is said to contain four times more vitamin C than orange and three times more proteins and four times more fibre than pineapple.