

Ber (*Ziziphus mauritiana*): Processing and Product Information



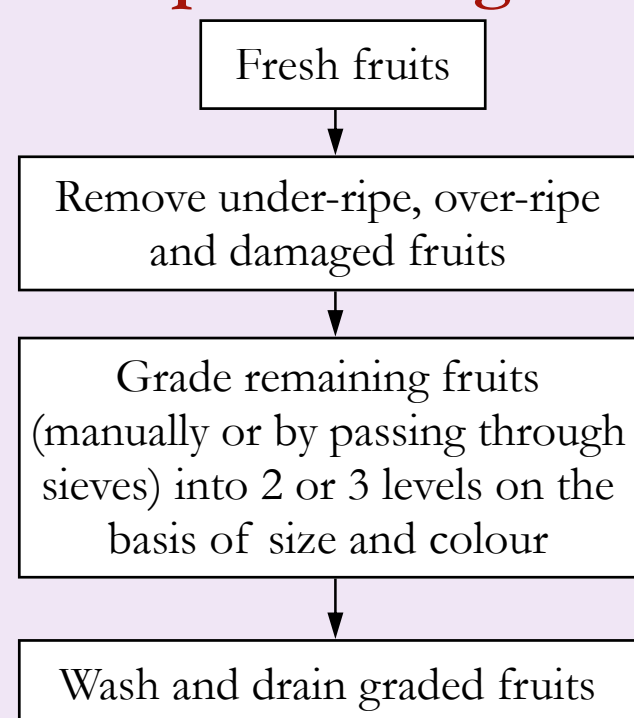
Why process ber fruits?

- ⇒ The fruit has a high sugar content and a high level of vitamins A and C, carotene, phosphorus and calcium
- ⇒ Processing increases the shelf-life of the fruit
- ⇒ Processing adds value and increases income

Pickles/chutney	Potential processed products	Fruit leather
Butter/paste	Jam/jelly	Juice/squash
Powder	Candied + dried fruits	Alcoholic drinks

How to process ber fruits?

1. Pre-processing: Grading and washing



How to store ber fruits?

- ⇒ Store fruits for 4-15 days at room temperature (25-35°C) in packages such as gunny-, net- or polythene bags, cloth packs or boxes
- ⇒ Dip fruits after harvest for 2 hours in cold water to extend shelf-life
- ⇒ Store fruits for 28-42 days in cold storage (10°C) in polythene bags or baskets



2. Processing: From the graded and washed fruit

Washed juicy fully ripe fruits

De-stone fruits (cut into small pieces)

Boil fruit pieces with an equal quantity of water for 20-30 min

Filter to obtain extract

Mix 1 l of extract, 500 g of sugar, 10 g of citric acid and 2.5 l of water and boil for 5-10 min

Filter

Pour into bottles

Crown cork bottles

Sterilise for 20 min in boiling water

Beverage

Packaging and Storage

Pack in well-sealed clean glass or plastic bottles and store in a dark, cool place.



Dried ber

Graded + washed fully ripe fruits

Blanch fruits (dip in boiling water for 2-6 min)

Where possible: Sulphur fruits (expose to SO₂ fumes in a box for 3 hours by burning sulphur powder at the rate of 3.5-10 g/kg fruit)

Dry fruits (retain 10-15% moisture)
a) under full sun for 7-10 days
b) in solar dryer for 4-5 days
c) in cabinet dryer at 60-65°C for 20-35 hours

Pack + seal

Packaging and Storage

Pack in moisture-proof containers, e.g. 400 gauge polythene pouches or biscuit tins to maintain at least 15% moisture.

Ber pickles

Graded + washed matured (but unripe) fruits

Soak in 3-5% brine solution for 7-8 days

Grind and mix spices such as coriander, cumin, cardamom, garlic, cloves, ginger, mustard seed and fry in cooking oil

Wash 3 times

Prick with fork

Mix

Pack the mixture tightly in containers and store for 2-3 weeks

Vinegar or citrus juice

Wash and sterilise bottles

Pour into bottles and top with vinegar or citrus juice

Seal + label

Packaging and Storage

Seal in polythene bags or pack in tightly capped, clean glass or plastic jars/bottles. Store in a cool, dark place for up to 3 months.

Ber powder

Washed fully ripe fruits

Sun dry for 1.5-2 weeks

Dried ber

Grind by pounding

Ber powder

Used in Ayurvedic preparations

Consumed as mixing ingredient in pickles and sour foods

Packaging and Storage

Store in polythene pouches (low density PE) of different sizes for up to 12 months.



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Fruits for the Future



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Please contact ICUC for further references.

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