



Grewia Asiatica 'Sherbet Berry'

Grewia asiatica is native to southern Asia from Pakistan east to Cambodia. In these areas it is widely cultivated and commonly known as Phalsa or Falsa. We simply refer to it a Sherbet Berry. Phalsa produces a edible drupe that is purple to black when ripe. This small fruit is loaded with antioxidants. It is eaten fresh with a sprinkling of salt and black pepper. Phalsa also make an excellent thirst quenching sherbet juice that has a cooling effect.

Plant Highlights

- A minefield of antioxidants
- Many medicinal uses
- Spring flowers, summer fruit
- Height 6-15ft
- Zone 9-11

Phalsa originates in India and other parts of Southeast Asia, including Pakistan, Sri Lanka and Bangladesh. At the early part of the 20th century, the fruit was introduced to Indonesia and the Philippines, where it has since naturalized. The Luzon province displays an abundance of the small, purple fruits in its lower elevations in dry zones. Today, it's an exotic plant in Thailand, Vietnam, Cambodia, and Laos.

Few countries in the west cultivate phalsa, though some gardeners and research laboratories grow the fruit out of interest or for educational purposes. Examples include a few universities in Florida and Puerto Rico.

Checking for Ripeness

Phalsa is green when unripe on the tree, slowly turning red when ripening and, at last, a deep purple when ready for harvest. Some falsa fruits get plucked once they turn red with the expectation that they will become blackish purple within a week's time. At peak ripeness, the fruit's thin skin should be pliable and tender.

How it Tastes

Many people—especially those growing up in Pakistan and northern India—have fond memories of the tiny fruit's vibrant taste. Phalsas have a sweetness beautifully counterbalanced by astringent, acidic and sour notes. If needing comparison to other fruits, grapes, cranberry, and jamuns are the best bet. Phalsas resemble blueberries in appearance, but their sharp notes shares no likeness with the shy, milder fruits. The texture also mirrors a grape with its fleshy, whitish pulp.

For more on this plant:

<http://theindianvegan.blogspot.com/2013/03/all-about-phalsa-grewia-asiatica.html>

PURPOSE:

- Medicinal
- Aesthetics/Decor
- Food Production

APPLICATIONS:

- Edible Garden
- Containers
- Patio & Garden
- Specimen

FEATURES:

- Easy to Grow
- Fast Growing
- Drought Tolerant
- Low Maintenance
- Self-fertile

EXPOSURE:

- Full Sun
- Partial Sun

COMMERCIAL MARKET:

- Specialty
- Fresh
- Process

SOIL MOISTURE:

- Moist, Well-Drained

HABIT:

- Deciduous

BLOOMS:

- Summer
- Spring

FOLIAGE COLOR:

- Bronze
- Green

FLOWER COLOR:

- Yellow

FRUITING SEASON:

- Summer

FRUIT QUALITIES:

- Small
- Very Firm