

Preparing the unripe fruit



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At the very early stages of fruit development on the cladodes, in early spring, a magnitude of fruit may develop on the cladodes. Farmers often pick most of the fruit from the cladodes to prevent overcrowding and to ensure that the fruit, which remains on the cladodes, develop into bigger, marketable fruit.

Often, the unripe, picked fruit go to waste. These fruits are edible and could be processed into very tasty preserved products, similar to green figs.

Harvesting and preparing the unripe fruit before processing:

- Harvest the young, green, unripe fruit that weighs between 15–25g each.
- About 120 green fruit makes a batch of 1 kg harvest.
- Wash each fruit by holding it with tongs and scrubbing using a brush.
- Top and tail the fruit (it is necessary to cut the indentation out).
- Place the fruit on the cut side and cut the core of the fruit out using an apple borer.
- Discard the peel.
- The green fruit cores should weigh between 6 and 8 g each when ready to use.
- Rinse the green fruit cores to get rid of most of the sliminess.
- Place in a large bowl of water, add salt (500 ml water and 20 ml salt) and place a plate in the water to force the fruit under the water solution.
- Allow to soak overnight.
- Rinse again (three times).

T: +27 51 401 7656 | E: DuToitA1@ufs.ac.za | www.ufs.ac.za