Sugar apple (*Annona squamosa*): Processing and Product Information

### Why process sugar apple fruits?
- The fruit is an excellent source of energy as it is high in carbohydrate
- The fruit contains vitamin C and minerals such as calcium, phosphorus and potassium
- Processing increases the shelf-life of the fruit considerably
- Processing adds value and increases income

### Potential processed products
- Juice
- Wine/liquors
- Ice cream/milk
- Nectar
- Jam
- Frozen pulp

### How to process sugar apple fruits?

#### 1. Pre-processing
- **Fresh fruits**
  - Cut fruits and scrape the pulp from the skin
- **Extract seeds from the pulp**
- **Place in jars or plastic containers**
  - Where available: - Add potassium metabisulphite (0.4 g/kg) if stored in a refrigerator
  - Add potassium metabisulphite (0.8 g/kg) if stored at room temperature
- **Store**

#### 2. Processing from the pulp
- **Nectar**
  - **Pulp**
  - Mix pulp with water, sugar and citric acid and boil for 3 min at 70°C
  - Pour into jars/bottles
  - Seal by using crown caps
  - Sterilise for 15 min at 95°C
  - Cool + store
- **Packaging and Storage**
  - Pack in well-sealed clean glass or plastic bottles.
  - Store in a cool dark place for up to 5 months.

- **Jam**
  - **Pulp**
  - Add 2.5 l of water, 0.37 kg of sugar and 1 g of citric acid for 1 kg of pulp
  - Mix pulp with sugar, citric acid and boil for 3 min at 70°C
  - Pour into sterilised jars
  - Seal containers
  - Continue heating while stirring
  - Heat in a steel vessel while stirring
  - Mix pulp with potassium metabisulphite (0.1 g/kg) in water
  - Pour into sterilised jars
  - Seal containers
  - Cool + store

### How to store fresh sugar apple fruits or pulp?

- **Fruit:** - store for 2 days at room temperature in straw or dried grass
  - store between 15-20°C and 85-90% relative humidity to delay ripening
  - store for 5-6 weeks at 4.5°C in good condition for consumption, however, the skin shows chilling injuries and becomes brown

- **Pulp:** - store for 6 months at room temperature when treated with potassium metabisulphite (0.5 g/kg)
  - store for 5 months at 27°C pasteurised and sealed in jars

### References:

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