

# COMMERCIAL SEASONAL FRUITS OF MEGHALAYA





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## GENERAL INTRODUCTION

Globally, fruits are highly regarded for their variety, convenience and health benefits. The hilly slopes of the state of Meghalaya are home to some very unique varieties of seasonal fruits. These fruits which are mostly organic and irresistibly delicious are either consumed as fresh fruits or are increasingly processed into value-added products like squash, pickles and jams at local centres. Meghalaya's commercial seasonal fruits thrive due to diverse climates, with key products including:

- Khasi Mandarin, locally known as Sohnamtra, is a premium, Geographical Indication (GI) tagged citrus fruit from Meghalaya, India. Known for its unique, vibrant orange colour, high sugar content and perfect balance of sweetness and acidity, it is grown in the high altitudes of the state.
- Meghalaya pineapples, particularly the Giant Kew variety, are renowned for their exceptional sweetness, low acidity (Brix value of 16-18) and organic, juicy quality. Cultivated mainly in the Ri-Bhoi and Garo Hills districts, they account for over 8% of India's production, featuring in high-profile events like the Meghalaya Pineapple Festival.
- Sohphlang (*Flemingia vestita*) is an indigenous, nutritious tuberous root vegetable native to the Khasi and Jaintia Hills of Meghalaya, commonly eaten raw as common fruit snack accompanied with salt, red chilli powder and perilla seeds.
- *Citrus indica*, commonly known as Memang narang or the Indian Wild Orange, is an endangered, "primitive" citrus species endemic to the Garo Hills of Meghalaya, particularly within the Nokrek Biosphere Reserve. It is considered a maternal ancestor of cultivated citrus and is protected in a dedicated National Citrus Gene Sanctuary established in 1981.
- Khasi Cherry locally known as Sohiong in Meghalaya, is an indigenous wild fruit tree in the Khasi and Jaintia Hills. Highly prized for its deep purple fruit, it is used to make jams, squashes and wines.

*COMMERCIAL SEASONAL FRUITS:  
SPRING HARVEST*



## BAEL FRUIT

**Scientific Name:** *Aegle marmelos* (L.) Correa

**Vernacular Name:** Soh-bel (Khasi); Selpri (Garó).

**Habit:** Tree

**Habitat:** Dry, open forests, deciduous forests and hilly areas.

**Description:** Fruit 5-12.5 cm in diameter, with a hard shell, deep green initially and becomes yellow gradually at ripening, with orange-red fleshy pulp which is sweet along with some astringency, aromatic taste.

**Flowering/Fruiting:** March-April



## SILVER BERRY

**Scientific Name:** *Elaeagnus latifolia* L.

**Vernacular Name:** Soh-shang (Khasi);  
Sokua (Garo).

**Habit:** A scrambling shrub.

**Habitat:** Swamps and forest openings.

**Description:** The fruits grow in clusters, changing from firm and sour green to juicy, sweet, and bright red as they ripen.

**Flowering/Fruiting:** September-May



## BLOOD FRUIT

**Scientific Name:** *Haematocarpus validus*  
(Miers) Bakh. f. ex Forman

**Vernacular Name:** Te'pattang (Garo).

**Habit:** An evergreen woody climber or liana.

**Habitat:** Thrives in humid tropical and subtropical forest ecosystems.

**Description:** The fruits are drupes, typically oblong or oval in shape, maturing from green to a dark red or maroon, and grow in clusters.

**Flowering/Fruiting:** October-May



## MULBERRY

**Scientific Name:** *Morus australis* Poir.

**Vernacular Name:** Soh-lyngdkhur (Khasi);  
Miskuri (Garo).

**Habit:** Tree

**Habitat:** Forest margins, mountain slopes,  
fallow land.

**Description:** Mulberry fruits are elongated  
and somewhat cylindrical, with a slightly  
uneven surface formed by the fusion of  
many drupelets.

**Flowering/Fruiting:** September-May



## BAYBERRY

**Scientific Name:** *Myrica esculenta* Buch.-Ham. ex D. Don

**Vernacular Name:** Soh-phie (Khasi); Bolmeseng (Garó).

**Habit:** Tree

**Habitat:** Commonly found in forests. It prefers well-drained soil and can tolerate cold temperatures.

**Description:** Fruit is a spherical, succulent drupe, with a hard seed and a sweet and sour taste.

**Flowering/Fruiting:** October-May



## BAYBERRY

**Scientific Name:** *Myrica nagi* Thunb.

**Vernacular Name:** Soh-phienam (Khasi).

**Habit:** Tree

**Habitat:** Mixed forests, agricultural and marginal lands.

**Description:** Fruits are small, bright deep red in colour turning nearly purple at full maturity with a pleasant, sweet and sour taste.

**Flowering/Fruiting:** February-May

*COMMERCIAL SEASONAL FRUITS:  
SUMMER HARVEST*



## PINEAPPLE

**Scientific Name:** *Ananas comosus* (L.) Merr.

**Vernacular Name:** Soh-trun (Khasi); Anaros (Garó).

**Habit:** Herb

**Habitat:** Hot, humid climates.

**Description:** A tropical, multiple fruit formed by the fusion of many individual flowers around a central core, capped with a leafy crown. It features a tough, yellowishbrown hexagonal rind and yellow, succulent, and sweet-tart flesh.

**Flowering/Fruiting:** June-August



## JACKFRUIT

**Scientific Name:** *Artocarpus heterophyllus* Lam.

**Vernacular Name:** Soh-phan (Khasi); Tebrong (Garó).

**Habit:** Tree

**Habitat:** Tropical and subtropical lowlands.

**Description:** Fruiting syncarp pale yellow when young, yellowish brown when mature, ellipsoid, globose, or irregularly shaped. Drupes narrowly elliptic.

**Flowering/Fruiting:** June-August



## BURMESE GRAPE

**Scientific Name:** *Baccaurea ramiflora* Lour.

**Vernacular Name:** Sohmyndong (Khasi);  
Gasampe (Garó).

**Habit:** Tree

**Habitat:** In evergreen forests, often on slopes.

**Description:** Fruit is globose, yellowish and velvety, 2-3 cm in diameter with leathery pericarp, three seeded arillus embedded in pinkish white pulp.

**Flowering/Fruiting:** March-August



## VIAGRA PALM

**Scientific Name:** *Calamus erectus* Roxb.

**Vernacular Name:** Soh-thri (Khasi); Sokmil (Garó).

**Habit:** Shrub

**Habitat:** Lowland or montane rain forests or drier forests usually on steep slopes.

**Description:** Fruit ellipsoid, brown, clothed with adpressed, deflexed, closely imbricate, shining scales in vertical rows, grooved, pericarp thin. The fruit has a sour, acidic taste.

**Flowering/Fruiting:** December-July



## LITCHI

**Scientific Name:** *Litchi chinensis* Sonn.

**Vernacular Name:** Soh-manir (Khasi);  
Letchu (Garó).

**Habit:** Tree

**Habitat:** Tropical to subtropical climates.

**Description:** The pink to strawberry red fruit is 25mm or more in diameter and is covered by a rough leathery rind or pericarp; the fruits are borne in loose clusters of 3-20.

**Flowering/Fruiting:** February-June



## MANGO

**Scientific Name:** *Mangifera indica* L.

**Vernacular Name:** Soh-pieng (Khasi); Tegatchu (Garó).

**Habit:** Tree

**Habitat:** Tropical evergreen forests, Tropical semi-evergreen forests, Tropical dry deciduous forests, Tropical moist deciduous forests.

**Description:** The fruit is a drupe which contains a thick yellow pulp, single large seed and thick yellowish skin when ripe.

**Flowering/Fruiting:** March-August



## PASSION FRUIT

**Scientific Name:** *Passiflora edulis* Sims

**Vernacular Name:** Soh-brap (Khasi); Draka (Garo).

**Habit:** Climbing shrub

**Habitat:** Tropical to subtropical climates.

**Description:** The greenish brown to purple or purplish black, widely ellipsoid fruit is about 40-55mm in diameter with a thick, tough skin that wrinkles when ripe. Inside, it contains tangy-sweet orange pulp filled with numerous small, crunchy black seeds.

**Flowering/Fruiting:** February-August



## PLUM

**Scientific Name:** *Prunus domestica* L.

**Vernacular Name:** Soh-plum (Khasi); Plum (Garo).

**Habit:** Tree

**Habitat:** Moist to well-drained soils and in full sun.

**Description:** Fruits fleshy, rounded or broadly ellipsoid around 50-80 mm long, containing a single large seed.

**Flowering/Fruiting:** April-August



## PEACH

**Scientific Name:** *Prunus persica* (L.) Batsch

**Vernacular Name:** Soh-phareng (Khasi);  
Pisbol (Garo).

**Habit:** Tree

**Habitat:** Temperate regions and on tropical mountains.

**Description:** Fruit a globose drupe, usually around 3" in size, mesocarp fleshy-juicy, endocarp hard, wrinkled or smooth.

**Flowering/Fruiting:** April-August



## PEAR

**Scientific Name:** *Pyrus communis* L.

**Vernacular Name:** Soh-phoh (Khasi);  
Naspati (Garo).

**Habit:** Tree

**Habitat:** Common at higher elevations.

**Description:** The fruit has a somewhat tapering neck and rounded base. Ripe fruits have a smooth, thin green skin. The flesh is white, juicy with a sweet, aromatic flavour.

**Flowering/Fruiting:** March-August



*COMMERCIAL SEASONAL FRUITS:  
AUTUMN HARVEST*



## WILD ORANGE

**Scientific Name:** *Citrus macroptera*  
Montrouz.

**Vernacular Name:** Soh-kwid (Khasi);  
Chambil (Garó)

**Habit:** Tree

**Habitat:** Broad-leaved forest.

**Description:** The lemon-scented fruit which is about 6-7 cm in diameter has a rough, moderately thick rind and become yellow when ripe. The pulp of the fruit is white and dry (does not produce much juice). The juice is very bitter, and somewhat sour.

**Flowering/Fruiting:** February-November



## WILD SOUR APPLE

**Scientific Name:** *Docynia indica* (Wall.)  
Decne.

**Vernacular Name:** Soh-phohbtet (Khasi)

**Habit:** Tree

**Habitat:** Forests and open places.

**Description:** Fruit globose or ovoid, 3-4 cm  
in diameter, yellow-green with a sour taste.

**Flowering/Fruiting:** March-November



## INDIAN OLIVE

**Scientific Name:** *Elaeocarpus floribundus* Blume

**Vernacular Name:** Soh-khyllam (Khasi);  
Jolpai (Garó).

**Habit:** Tree

**Habitat:** Evergreen and moist deciduous forests.

**Description:** Fruit is oblong (2-5 cm), smooth, greenish, single seeded, drupe and the edible portion of the fruit is the fleshy mesocarp around the seed.

**Flowering/Fruiting:** May-November



## INDIAN GOOSEBERRY

**Scientific Name:** *Emblica officinalis*  
Gaertn.

**Vernacular Name:** Soh-mylleng (Khasi);  
Ambare (Garo).

**Habit:** Tree

**Habitat:** Dry deciduous or mixed forests.

**Description:** The fruit is nearly spherical marble-sized, light greenish yellow, quite smooth and hard on appearance with 6 vertical stripes or furrows. The taste is sour, bitter and astringent and is quite fibrous.

**Flowering/Fruiting:** March-November



## KHASI CHERRY

**Scientific Name:** *Prunus napaulensis* (Ser.) Steud.

**Vernacular Name:** Soh-iong (Khasi).

**Habit:** Tree

**Habitat:** Broad-leaved evergreen or deciduous mixed forests and open places beside streams.

**Description:** The dark purple to black, ovoid fruit is about 15 mm x 13 mm and contains one large seed.

**Flowering/Fruiting:** July-October



## GUAVA

**Scientific Name:** *Psidium guajava* L.

**Vernacular Name:** Soh-pyriam (Khasi);  
Komperam (Garo).

**Habit:** Tree

**Habitat:** Wet and arid tropical-subtropical regions.

**Description:** The fruits are round to pear-shaped and measure up to 7.6 cm in diameter; their pulp contains many small hard seeds. The ripe fruit has a yellow skin and white, yellow or pink flesh with a musky odour of the sweet pulp.

**Flowering/Fruiting:** March-November



## BILBERRY

**Scientific Name:** *Vaccinium griffithianum* Wight

**Vernacular Name:** Sohryngkham (Khasi).

**Habit:** Shrub

**Habitat:** Common in tropical forest.

**Description:** The fruits are berries that grow in clusters and sweet in taste. They are initially green, transition to reddish-pink, then blue with a glaucous coat.

**Flowering/Fruiting:** March-October

*COMMERCIAL SEASONAL FRUITS:  
WINTER HARVEST*



## STARFRUIT

**Scientific Name:** *Averrhoa carambola* L.

**Vernacular Name:** Soh-pyrshong (Khasi);  
Amilengga (Garó).

**Habit:** Tree

**Habitat:** Humid forests and woodland on sandy loam.

**Description:** Its fruit is star-shaped in cross-section and ripens to a bright yellow. The fruit has a tangy, sour taste and can be enjoyed fresh or made into jam.

**Flowering/Fruiting:** September-February



## INDIAN WILD ORANGE

**Scientific Name:** *Citrus indica* Tanaka

**Vernacular Name:** Memang narang (Garo).

**Habit:** Tree

**Habitat:** Tropical forests of the Garo Hills in Meghalaya, India, specifically within the buffer zone of the Nokrek Biosphere Reserve.

**Description:** Outer orange coloured fruit surface smooth and shiny, yellowish fruit pulp, spongy mesocarp and thin rind.

**Flowering/Fruiting:** September-February



## POMELO

**Scientific Name:** *Citrus maxima* (Burm.) Merr.

**Vernacular Name:** Soh-bol (Khasi); Jambura (Garó).

**Habit:** Tree

**Habitat:** Tropical and subtropical climates, preferring warm environments, full sun, and well-drained sandy soil.

**Description:** The fruit has a very thick, greenish-yellow rind with a substantial spongy, white pith, enclosing large, firm, easily segmented flesh that is usually pale yellow, pink or red. Its flavor is mildly sweet to tangy.

**Flowering/Fruiting:** March-January



## ORANGE/KHASI MANDARIN

**Scientific Name:** *Citrus reticulata* Blanco

**Vernacular Name:** Soh-ñiamtra (Khasi);  
Komila (Garó).

**Habit:** Tree

**Habitat:** Subtropical to tropical climates.

**Description:** Fruit a depressed globose or subglobose berry, with thin, loose peel, easily separating from the segments, bright orange or scarlet-orange when fully ripe, juicy and sweet.

**Flowering/Fruiting:** April-February



**Scientific Name:** *Flemingia vestita* Benth. ex Baker f.

**Vernacular Name:** Soh-phlang (Khasi).

**Habit:** Herb

**Habitat:** Open grasslands, shrubberies, roadsides in valleys, sparse forests, and under dappled shade.

**Description:** The crunchy, sweet and juicy white flesh of the tuberous root traditionally eaten as a fruit or snack.

**Flowering/Fruiting:** August-January



## CHAULMOOGRA

**Scientific Name:** *Gynocardia odorata* R. Br.

**Vernacular Name:** Soh-liang (Khasi).

**Habit:** Tree

**Habitat:** Evergreen moist forests.

**Description:** The numerous seeds contained in the fruit are the edible part which are boiled and sliced before selling in the local market.

**Flowering/Fruiting:** November-February



## INDIAN JUJUBE

**Scientific Name:** *Ziziphus mauritiana* Lam.

**Vernacular Name:** Soh-broi (Khasi); Angkil (Garo).

**Habit:** Tree

**Habitat:** Thrives in warm, sunny conditions and can grow even in poor soils.

**Description:** A hardy, fast-growing deciduous tree producing an abundance of fruits. Its fleshy drupes, about the size of gooseberries, ripen to a yellowish-brown color, with thin skin, juicy sweet-tangy pulp, and a single seed.

**Flowering/Fruiting:** September-February



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