

2. Peanut Butter Fruit: Nature's Creamy Delight

S Joginder Singh¹, Sumanth B T¹, Dore Uppar², Ajith Kumar³, Ramesh⁴ and Ambrish S⁵

¹Department of Vegetable Science, College of Horticulture, Bengaluru, University of Horticultural Sciences, Bagalkot, Karnataka – 560065, India

²Department of Floriculture and Landscape Architecture, College of Horticulture, Bagalkot, University of Horticultural Sciences, Bagalkot, Karnataka – 587104, India

³Department of Floriculture and Landscape Architecture, College of Horticulture, Bengaluru, University of Horticultural Sciences, Bagalkot, Karnataka – 560065, India

⁴Department of Social and Allied Sciences, College of Horticulture, Bagalkot, University of Horticultural Sciences, Bagalkot, Karnataka – 587104, India

⁵Department of Fruit Science, College of Horticulture, Bengaluru, University of Horticultural Sciences, Bagalkot, Karnataka – 560065, India

Ever imagined sinking your teeth into a fruit that somehow tastes *exactly* like creamy peanut butter? Well, you don't have to just imagine it! That's the remarkable experience waiting for you with the peanut butter fruit, a truly captivating tropical find. The peanut butter fruit is scientifically known as *Bunchosia argentea* or *Bunchosia glandulifera*. It belongs to the Malpighiaceae family. It's bright red to orange berries are highly nutritious and have a unique flavour. It is native of South America, specifically Venezuela, Colombia, and Brazil. And is gradually expanding throughout the world's tropical and subtropical regions, thriving in warm, humid temperatures.



Peanut butter fruit plant

B. glandulifera is a small tree or a bushy evergreen shrub with height of upto 6 meters. The plant has glossy oval leaves and produces clusters of little yellow flowers. The fruits are small in size, about the size of grape. The fruit consists of one or two tiny seeds coated in a delicate, slightly sticky flesh. That creamy, soft pulp is truly where the magic happens. It's smooth, sweet, and wonderfully nutty, often catching people off guard the very first time they

taste it. The tree gets its name from its surprisingly rich flavour similar to that of the peanut butter. Despite its taste, it isn't botanically related to peanuts or tree nuts at all. The plant thrives in sunny spots with well-drained, slightly acidic soil. Seed propagation can be difficult, but the stem cuttings root easily, which is great option for home gardeners. Also, pruning can be done to maintain the plant's shape and boosts air circulation thereby reducing the risk of disease.



Fruit of B. glandulifera

It's also a very nutritious fruit to add to your diet. It's packed with dietary fibre, Vitamin C and antioxidants such as carotenoids and phenolics. All of which are necessary for enhancing immunity and supporting overall health. Furthermore, its low sugar and calorie content make it a healthy snack option. Fruits are often consumed fresh from the tree, mashed for spreads or blended into smoothies for unique creamy and nutty flavour. It's even perfect for

desserts – imagine it stirred into yogurts, ice creams, muffins, or even jams! And beyond its kitchen uses, this charming shrub is a popular pick for gardens thanks to its attractive leaves and its knack for drawing in essential pollinators like bees.

This fruit is currently difficult to find in the majority of mainstream markets. Its short shelf life and the fact that large-scale commercial farming hasn't taken off yet are the main causes. But things are starting to change. Growers of speciality fruits and health-conscious consumers searching for new, wholesome flavours are undoubtedly paying attention. It stands out as an interesting candidate for wider cultivation and market recognition due to its appealing nutritional qualities and fresh, genuinely unique taste. Of course, challenges remain, especially in extending its shelf life and refining propagation methods. But as awareness grows, so does its potential as a sustainable and utterly delicious tropical delight.

In a nutshell, the peanut butter fruit is a truly unique and often overlooked fruit that brilliantly combines delightful flavour, solid nutrition, and ecological benefits all within a compact, easy-to-grow package. Whether you're a curious

foodie, a gardener eager to expand your plant collection, or simply someone keen to explore the next "superfruit," the peanut butter fruit is absolutely worth discovering. It's truly nature's creamy delight, and it just might become a regular feature on tropical fruit lovers' tables worldwide.