



Dates Fruit

Botanical Name: *Phoenix dactylifera*

Date palm tree of the palm family (Arecaceae) is cultivated for its sweet edible fruits. Although its exact place of origin is uncertain because of long cultivation, it probably originated from the Fertile Crescent region straddling between Egypt and Mesopotamia. The caravan trade and the Nile River may have been the means of spreading date palms southward into the Sahelian countries and Sudan in the early days. From North Africa, dates were carried to Spain by the Moorish invasion in the eighth century.

Dates cultivation in Africa is dominated by the countries across North Africa, from Morocco to Egypt. Deglet Noor from Algeria, Medjool from Morocco, and Zaghloul from Egypt are major commercial cultivars originating from North Africa. Egypt is predominant with dates production that far exceed that of all other countries in the continent combined making it the world's largest producer.

Date fruits are rich sources of sugars, protein, fiber, minerals, and certain vitamins. A quick energy source because of its high sugar content and have been called nature's candy. When the fruits reach maturity (tamar), sucrose inverts into glucose and fructose. Dates contain reasonable amounts of vitamin A, thiamin, riboflavin, and niacin and are a good source of minerals such as potassium, calcium, and iron, as well as dietary fiber. The natural foods sector is promoting dates consumption as a functional food and as possessing antioxidant qualities. Dates are included in the recommended healthy food choices for individuals suffering from Type 2 Diabetes. Each date cultivar has an individual profile of nutritional values.

We recommend that you consult with a qualified healthcare practitioner before using herbal products, particularly if you are pregnant, nursing, or on any medications. This information has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. For educational purposes only.

This ingredient is sourced from Egypt.



Now that you know more about Dates, discover other unique African ingredients by visiting our website or social media!



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