

Durian Facts

The durian is a tropical fruit known for its large size, unique aroma, and rich flavor

Size and Appearance

Durian fruits are large and can typically weigh between 1 to 3 kilograms (2 to 7 pounds). They have a hard, spiky outer shell. Inside, the fruit contains creamy, custard-like segments which are the edible parts. The flesh is usually yellow or white, depending on the variety.

Countries of Origin

Durians are native to Southeast Asia. Thailand, Malaysia, Indonesia, and the Philippines being major producers. Each of these countries has its own preferred varieties. Thailand is one of the largest exporters of durian, known for varieties like Mon Thong and Chanee.

The Durian Tree

The durian grows on large trees that can reach up to 50 meters (about 150 feet) in height. There are many species of durian trees, but the most commonly consumed is *Durio zibethinus*. Durian trees require a tropical climate to thrive, with lots of rain and warm temperatures year-round.

Historical Background

The history of durian goes back hundreds of years in Southeast Asia. Its name derives from the Malay-Indonesian language word for *duri*, meaning "spike." This refers to its spiky shell. Historical accounts suggest that durian was consumed in the region for hundreds of years.

Nutritional and Facts

Durian is high in vitamins and minerals, particularly vitamin C, potassium, and magnesium. It is also rich in dietary fiber and fat, making it very filling and calorie-dense.