



## TRANSLUCENT & GELATINOUS FRUIT: ICE APPLE IS RICH IN NUTRIENTS

\*Dr. Dhrubo Jyoti Sen

School of Pharmacy, Techno India University, Salt Lake City, Sector-V, EM: 4/1, Kolkata-700091, West Bengal, India.

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<p><b>Article Info</b></p> <p><b>Article Received:</b> 21 January 2026, <b>Article Revised:</b> 11 February 2026, <b>Article Accepted:</b> 01 March 2026.</p> <p><b>DOI:</b> <a href="https://doi.org/10.5281/zenodo.19217202">https://doi.org/10.5281/zenodo.19217202</a></p>	<p><b>ABSTRACT</b></p> <p>Ice apple, known as talsas or taal shaansh in Bengali and talasaja in Odia, is a refreshing, jelly-like summer fruit from the palmyra palm tree (<i>Borassus flabellifer</i>). Available mainly from May to June, it acts as a natural body coolant with a taste similar to sweet, tender coconut, offering high water content, vitamins, and minerals. <i>Borassus flabellifer</i>, commonly known as doub palm, palmyra palm, tala or tal palm, toddy palm, lontar palm, wine palm, or ice apple, is a fan palm native to South Asia (especially in Bangladesh, East India, and South India) and Southeast Asia. It is reportedly naturalized in Socotra.</p> <p><b>KEYWORDS:</b> palm tree, talsas, ice apple.</p>
<p><b>*Corresponding author:</b></p> <p><b>*Dr. Dhrubo Jyoti Sen</b> School of Pharmacy, Techno India University, Salt Lake City, Sector-V, EM: 4/1, Kolkata-700091, West Bengal, India.</p>	

### INTRODUCTION

It has a translucent, gelatinous, or jelly-like, white flesh filled with a sweet, watery fluid. Known as Ice Apple,

Taal Saas, or Talfadi, these fruits are translucent, jelly-like, and act as a natural cooling agent in hot, tropical summers.<sup>[1]</sup>



Figure-1: Palm Tree.

### Regional Names

- Bengali: Taal Saas

- Odia: Talasaja
- Tamil: Nungu

- Hindi/Marathi: Tadgola
- Telugu: Taati Munjalu

**Health Benefits:** High in water, vitamins A, B, and C, and minerals like zinc, iron, potassium, and phosphorus. It helps with hydration, digestion, and provides relief from summer-related fatigue. It is known for its cooling properties, aiding in digestion, preventing dehydration, reducing body heat, and helping in weight management due to its high fibre and low-calorie content.

**Usage:** Usually eaten fresh, but can also be used in desserts like payasam.

**Availability:** Primarily found in coastal regions of India, Bangladesh, and Southeast Asia during hot summer months. It is a seasonal fruit primarily found in India, Sri Lanka, and Southeast Asia.

**Nutritional Profile (per serving):** Rich in nutrients, it contains minerals like calcium, zinc, potassium, and phosphorus, along with vitamins A, C, E, and K.

- Energy: 87 kcal
- Fat: 1.0 g
- Protein: 2.8 g
- Carbohydrates: 18.5 g



**Figure-2: Ice Apple.**

**Culinary Use:** In Bengal, the ripe, fibrous, yellow fruit is used to make a sweet pudding called Taaler Kheer.

**Cultivation:** These plants are suitable for home gardens, particularly in coastal or sandy soil, and are drought-tolerant.

Tal fruit, commonly known as Ice Apple, Taal Shansh (Bengali), or Nungu (Tamil), is a refreshing, jelly-like, and nutritious tropical fruit harvested from the Palmyra palm tree, typically in May and June. It offers a mild, sweet, coconut-like flavour, providing excellent hydration, electrolytes, and natural cooling during hot summer months.<sup>[2]</sup>

**Precautions:** Overly ripe or old ice apples can cause indigestion or stomach cramps, so fresh consumption is advised.

Palmyra Palm (*Borassus flabellifer*), commonly known as Ice Apple or Taal, is a versatile tropical plant. It produces edible, jelly-like fruit, often called Tadgola or Taal Saas, which is a popular, refreshing summer delicacy. The tree is highly valued for its multi-purpose uses, including sap for beverages, leaves for thatch, and timber.

#### **Key Aspects of the Palmyra Palm**

**Fruit:** Known as Ice Apple, Taal Saas, or Talfadi, these fruits are translucent, jelly-like, and act as a natural cooling agent in hot, tropical summers.

**Tree Characteristics:** The plant is a tall, hardy palm that thrives in temperatures between 25-40°C, requiring full sun and minimal maintenance once established.

**Uses:** Every part of the tree is useful; it is used for food, beverages, fiber, fodder, and construction timber. It is consumed raw, added to fruit salads, or used in smoothies and desserts.

#### **CONCLUSION**

India is the world's largest producer of ice apple (*Borassus flabellifer*), a tender, jelly-like summer fruit harvested from the palmyra palm tree, mainly in Tamil Nadu, Andhra Pradesh, Odisha, West Bengal, and Bihar. Harvesting occurs during hot summer months (May–July), with the translucent fruit prized for its refreshing, coconut-like, and electrolyte-rich properties.

**Key Production & Harvesting Details:** Production Hubs: Primarily coastal regions in India, thriving in tropical, hot environments.

**Harvesting:** The fruit is found inside a hard, blackish-brown shell of the palmyra fruit, which requires careful

manual cutting to remove the tender, sweet, transparent seeds (2–3 per fruit).

**Shelf Life Issues:** Ice apple is highly perishable and prone to rapid spoilage within hours due to oxidation and fermentation.

**Value Addition:** Due to its short shelf life, it is being processed into value-added items such as powder, jam, pulp, and syrup, which can last up to 18 months.

#### Usage & Benefits

**Coolant:** Widely consumed as a natural, low-calorie, and nutrient-dense snack to combat extreme heat.

**Nutrients:** Rich in electrolytes, which help in rehydration.

**Industry:** The tree is also crucial for tapping nectar for palm sugar and palm jaggery.

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