



Azerbaijan's natural wealth



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THE FOOD OF THE GODS





The Latin name for the persimmon is of Greek origin and translates as “the food of the gods.” And, having tasted the persimmon grown in Azerbaijan at least once, you will agree with this - it is so juicy and sweet.

In late autumn, as soon as the foliage begins to fly around, small suns are lit in the gardens of Azerbaijan - the persimmon has ripened. However, a good farmer is in no hurry to pick the fruit. Only when the contents under the bright orange rind become jelly-like, can the persimmon be removed from the branches. And then this wonderful fruit will become a table decoration.

The garden persimmon, in contrast to the Caucasian persimmon, whose fruits are a little more than two centimeters, apparently originated in China, where it has been cultivated for many centuries. Its saplings came to Azerbaijan after travelling across half the world at the end of the 19th century. And already in the 20th century, it was grown in most regions of the republic, competing in the size of the harvest, the quality of the fruit and the fertility of the varieties. But the most common are fuyu, khachia, khiakume, zanj-mar, tanenashi and jiro. Choose for every taste, who appreciates and loves what more: honey aroma, sugar sweetness, light tart aftertaste or large size...

And the most amazing thing: the fruit is subtropical, and the tree is not afraid of the cold. It withstands frosts down to minus 12-15 degrees. And even if the tree is frozen and the trunk is dead, shoots will start from the



root again in spring. The persimmon is also very nutritious. Two fruits can completely replace lunch. For women watching their weight, it is a salvation. There are about 70 kcal in 100 grams of persimmon, however, having eaten a little thing or two, you feel full for a long time.

The persimmon is also widely used in cooking – for salads, dishes from waterfowl meat and desserts (jelly, jam, marmalade and others), cakes, pies, sweets, cookies, jelly, jams. as well as various drinks. Persimmon pulp can be used in baking, mixed with cream cheese, orange juice, honey and as an unusual dressing for salads. This berry is also used for preparing doshab, sherbet and drinks, it is consumed in dried form. And dried and candied persimmons are a delicacy that few people will refuse.

The persimmon makes up for the lack of vitamins and trace elements in the body - first of all, vitamins C, P, beta-carotene, B vitamins, as well as iodine, potassium and magnesium. It gently stimulates the digestion process by means of dietary fibers, lowers cholesterol levels, and absorbs harmful impurities. The persimmon also has tonic properties. It improves appetite, increases efficiency, calms the nervous system. Its low acidity (lemon and malic) has a beneficial effect on peptic ulcer

disease, liver and kidney diseases, as well as the excretory system. Its antibacterial properties protect and kill various viruses in the body. The vitamins (C, PP, E, A) and trace elements (calcium, potassium, iron, phosphorus, manganese, magnesium, iodine, copper) contained in the persimmon help with vitamin deficiency, low red blood cells and scurvy. The iodine contained in the persimmon compensates for its deficiency in the body in case of thyroid gland dysfunction. The persimmon is also widely used as a cosmetic facial. Persimmons contain twice as many useful trace elements as apples.

The persimmon is grown in many regions of the country, but the most delicious in Balakan District. More than 10 varieties of persimmons are grown here. The variety of persimmon – chocolate persimmon, which is also called “khyrnik” – is especially loved.

The persimmon occupies one of the leading places in the export of agricultural products from Azerbaijan. For example, the first place in the export is occupied by tomatoes, the second place is taken by persimmons. The main markets for the Azerbaijani persimmon are Russia, Ukraine, Kazakhstan and Saudi Arabia. Persimmon export revenue in 2019 was \$ 114 million. The great demand for Azerbaijani persimmons in the last decade



has stimulated local farmers to expand their land plots for growing persimmons. In order to increase the production of competitive and export-oriented products, as well as expand the geography of foreign supplies, the Association of Persimmon Producers was established in 2017. In the near future, it is planned to export persimmons to Slovakia, the Czech Republic and some European countries.

Since 2017, the annual Persimmon Festival has been held in the city of Balakan in Azerbaijan. Two-day festive events are held in the central park, where guests are offered various persimmon products, exhibitions, performances by folk groups, musicians and singers, and interesting entertainment programs are organized.

The persimmon was celebrated by many poets, because these beautiful bright fruits hanging on bare dry branches against the background of a dazzling blue cold sky are a symbol of autumn. "The Food of the Gods" both pleases and heals. Therefore, when you come to Azerbaijan, try the local persimmon. It will make your impressions of this country especially sweet. 🍂



