



# The Palmyra Palm

The Palmyra Palm (*Borassus flabellifer*) is a large tree up to 30m tall with a crown with around 25-40 very large fresh leaves that can be up to 1.5m in length. Palmyra palm's habitat extends from the Persian Gulf to the Cambodian-Vietnamese border and it's commonly cultivated in India and Southeast Asia. Sri Lanka has an estimated 12 million Palmyra trees growing wild in its arid Northern and Eastern provinces. Less than 0.5% of these trees are tapped to manufacture palm sugar.

The main product of the Palmyra palm is the sweet sap (toddy) that is obtained by making shallow cuts to the tip of the floral inflorescence. Each inflorescence produces 4-8 liters of sap per day. This sweet sap is boiled until the water has evaporated and creates solid bricks of palm sugar (jaggery) which is then ground into sugar sized granules and packed for retail consumption.

Palmyra Palm Sugar is far more nutritious than refined cane sugar and contains 1.04% protein, 0.19% fat, 76.86% sucrose, 1.66% glucose, 3.15% total minerals, 0.861 % calcium, 0.052% phosphorus as well as 11.01 mg iron per 100 g and 0.767 mg of copper per 100 g. One of the few plant based sources of Vitamin B-12, a tablespoonful (10 gm) provides 70% of the daily recommended requirement of Vitamin B-12 and 80% of Vitamin B-6. Additionally Palmyra Palm Sugar is rich in 15 micro-nutrients including Thiamin, Riboflavin and Niacin.

Palmyra Palm Sugar has a low Glycemic Index of 35 which is almost half that of refined white sugar (68). It is 100% vegan friendly and does not contain any bone-meal which is used to whiten processed sugar. Due to its cooling effects on the human body, Palmyra Palm Sugar has been used in Auyrveda medicine for thousands of years. Consumption of Palmyra Palm Sugar also does not create sudden spikes in blood sugar levels and today Palmyra Palm Sugar is used to control high blood sugar and to relieve stress and migraines. Palmyra Organics Palm Sugar is a healthy, delicious alternative to refined sugar and other sweeteners that can be used in cooking, baking and beverages.

**Palmyra Organics... *the healthy way to sweeten your life!***