

Top 7 Rare Fruits In The World That You Must Try

Fruits, as you may know, are one of the healthiest foods you can include in your daily diet. However, not all healthful fruits are available in the market. The earth is full of unique, nutrient-dense fruits. These fruits can only grow under certain conditions. Here's a list of the top 7 [rare fruits in the world](#) you've probably never heard of.

Cupuacu

Primarily found in the undeveloped Amazon jungle, cupuacu. Additionally, this fruit is grown in a few regions of Peru. It develops to a length of 8 inches, weighs 2 kg on average, and is exactly like a wild fruit. The fruit has the most delicious pulp inside and the thickest shell. The cupuacu fruit's pulp has a strong aroma. It contains a lot of vitamins B1, B2, and B3. In actuality, cupuacu belongs to the chocolate family. It also has a chocolate flavor.

Mangosteen

In Western markets, mangosteen fruit is extremely uncommon. It is indigenous to Indonesia and is also present in a few South Asian nations. The fruity portion of the purple-colored mangosteen is enclosed in a tiny shell. Mangosteen's edible portion is shaped like a tiny triangular object. This fruit has a strong aroma as well.



Cholesterol and other forms of fat are absent from the tropical mangosteen fruit. It also contains a lot of vitamin C, which helps to fight against infections. In the summer, mangosteen juice is one of the most consumed beverages in South Asian nations.

Durian

South Asian nations refer to the yearly durian fruit as the "king of fruits." In actuality, there are currently very few species of durian fruit. The fruit is indigenous to Malaysia and Indonesia. This fruit smells horrible since it contains several chemical admixtures.

The fruit has a green thorn-covered husk and can reach a maximum size of 12 inches. Its maximum weight is 4 kilogrammes. Durian pulp has a pale yellowish tint inside the husk. Cholesterol and other fatty acids are absolutely absent from durian fruit juice.

Jaboticaba

Jaboticaba is a purple-colored, unusual fruit native to Southeastern Brazil. Unlike other fruits, jaboticaba bears in the tree's trunk. This fruit resembles grapes but has a thicker outer skin. The fruit can grow to be one inch in diameter. Jaboticaba's pale pulp is fragrant and sweet. The fruit is most commonly used in baked goods, jams, and wines. It can also be used to treat diarrhoea and asthma.

Jackfruit

Southeast Asia is the home of jackfruit. It is the world's largest tree-borne fruit and can sometimes weigh up to 80 pounds. The starchy fruit is slightly sweet and has an apple/banana flavour. When cooked, it absorbs the flavours of other ingredients and shreds like pulled pork, making it popular as a vegan meat substitute in the United States. Several people at our meetup mentioned seeing jackfruit tacos on menus.

Feijoa

Another of the most popular new finds at #FruitCrawl was this fruit. Feijoa is a little elliptical fruit with acidic, slightly gritty flesh that may be spooned out. Its native range includes Brazil, Paraguay, and Argentina.

In California, it is a common garden tree. We assume that some homeowners who have pineapple guava trees are unaware that the fruit is tasty! Look in well-stocked grocery stores as well as specialist food stores. Mollie Stones Market and the Berkeley Bowl carry it in the Bay Area.

Physalis

Small orange berry with a tart and sweet flavour. It's linked to tomatoes and tomatillos, and it's occasionally offered in a papery husk like a tomatillo. The fruit is native to the Americas, but it is most popular in South America today. In Peru, the fruit (known as aguaymanto) is combined with pisco sours to create a delectable cocktail.

It's available in well-stocked grocery stores and specialty food stores. You can see it multiple times in the Bay Area, including at the Berkeley Bowl and once in Whole Foods Palo Alto.