

Mangosteens (*Garcinia mangostana*) are common in the rainforest areas of Malaysia, the Philippines, Sri Lanka, and Indonesia. Each round, glossy, purple fruit is capped with a light green calyx which holds it in place on the stem. The outer rind of the fruit is thick and rubbery, and the inside is sweet, delicious, snow white segments similar in design to that of an orange. Each segment contains one to four bitter tasting seeds. Similar species, which are orange and yellow in colour, grow in Southeast Asia, Africa, and South America.

European explorers found the fragile mangosteen plant to be difficult to transport and whilst determined traders were able to bring them to England in 1789, they were not successfully cultivated for another fifty years. Early descriptions of this exotic fruit's flavour described them as floral, sweet tart, something peculiar and indescribable, like that of the finest nectarine, but with a dash of strawberry and pineapple added.

Low in calories and high in fibre, mangosteens have lots of essential nutrients

allergies, infections, skin disorders, and fatigue while supporting intestinal health.

Mangosteen's vitamin C content is another advantage and provides the body with a water-soluble antioxidant whilst staving off infections and scavenging harmful, pro inflammatory free radicals. B complex vitamins such as thiamine,