

DATES



Dates are the fruit of the date palm tree (*Phoenix dactylifera*), which is native to the Middle East and North Africa but is now also cultivated in other parts of the world, including California and Arizona in the United States.

- Dates are oval-shaped with wrinkled, brownish-black skin and sweet, chewy flesh inside.
- High in natural sugars and are a good source of fiber, vitamins, and minerals, including potassium, magnesium, and vitamin B6.
- Used for their medicinal properties in traditional medicine, and recent research has shown that they may have **antioxidant and anti-inflammatory effects** and could potentially have a role in improving heart health and blood sugar control.



Commercial Production

1. Planting:

Typically propagated from offshoots or seeds. Offshoots are small plants that grow from the base of mature trees and can be transplanted to new locations.

2. Cultivation:

Require warm, sunny climates and well-drained soil.

3. Harvesting:

Harvesting is typically done by hand, with workers climbing the trees to pick the fruit or using long poles to shake the fruit loose.

4. Sorting and Grading:

Sorted by size and quality. Damaged or inferior fruit is removed, and the remaining dates are washed and dried.

5. Processing:

Processed into a range of products, including date paste, date syrup, and date powder.

6. Packaging and Distribution:

Packaged and shipped to markets around the world.