

Making Noni Tastes Good

Written by Administrator

Tuesday, 01 September 2009 00:00



The sour taste and unpleasant aroma of noni juice have always been a barrier to consume noni fruit. Whereas, ascorbic, caproic, and capric acids-the aroma bearer-are beneficial for health. Ascorbic acid is an antioxidant, while the latter two acids serves as natural antibiotic.

Lina Mardiana, a Yogyakarta herbalist who has opened practiced for 10 years, suggested the use of lime *Citrus hystrix* leaves to reduce the stinging smell and brown sugar or honey to reduce too sour taste. This is what she does: for one drink, Lina process 5 ripe noni fruit: soft texture and white skin, no green color. The fruit is of medium size or 200 grams. She washed the fruit thoroughly, then blend them with 2 lime leaves until becoming juice. She then filter the fruit juice from the solid residue. To overcome the sour taste, she adds 1 tablespoon of brown sugar or honey.

Contrariwise to Lina, Maria Margaretha Andjarwati, a herbalist of Kelapagading, North Jakarta, prefers to process half ripe noni fruit due to less strong aroma. She first stews noni fruit for 10 minutes and then separates the seeds from the fruit flesh. Thereafter, the fruit flesh is blend with a decoction of lime and fragrant pandan leaves.

In addition to fresh processed, noni fruit can be made simplisia or dry preparations which can be used at any time. Use transparent white half ripe noni fruit. Dried fruit pieces can be stored up to 12 months as a reserve material for drug. Prior to consume it. A brewed with a glass of hot water.

If you do not want to be fussed in doing self-processing, there are a variety of processed form of noni capsules or juice in the market ready to consume. (**Ari Chaidir**)

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Photo

Ready to consume noni juice and capsule are many in the market