

## Mangosteen (*Garcinia mangostana*)



The Mangosteen is the Queen of Tropical fruits! Beautiful, ornamental fruits are purple to red and smooth on the outside. The fruits taste delicious; sweet & tangy, and are described as being similar to peaches. It is often called a 'super fruit' due to the said antioxidants and anti-disease effects. Mangosteen Juice is one of the new, very popular health juices. The fruits can be made into jams, and seeds can be toasted.

### About the Mangosteen Plant

Mangosteen is an evergreen tree which grows between 6-20m tall. New growth emerges purplish to red. It's a wonderful edible tree, with delicious tropical fruits, also used for medicinal purposes such as Dysentery, skin disorders and cystitis.

### Growing the Mangosteen Plant

Originating in Asia, the Mangosteen prefers high humidity, and would benefit from regular watering, especially during summer. This tree is a true tropical plant, and can only be grown in frost free conditions. It should be grown in very rich, organic soil, with some added sand. Ensure it has good drainage and mulch well. It cannot be grown too close to the coast as it will not tolerate strong winds, salt spray or salty water.

Mangosteen will grow a taproot almost immediately, and you should plant it in its final position before it gets to around 1/2m tall. After this, you may damage the taproot, damaging or killing the plant. Keep the tree in a protected, at least semi-shaded position for the first 3-5 years, before exposing it to full sun. In good conditions, the plants will fruit in 6-9 years from sprouting. Our plants are currently 1 year old.

**Common names:** Mangosteen, Purple Mangosteen.

### Additional General Growing Notes:

#### ON ARRIVAL:

**Soaking:** When you receive your plants, unwrap them carefully, and give their roots a good soak in seaweed solution or water for a couple of hours. Some plants, mainly succulents and plants with fleshy roots such as *Dracaena draco*, should not be soaked for more than a few minutes to avoid rot. You can pour left-over seaweed solution on the plant after you have potted it up.

**Pot size:** Choose the right pot size for your plants. Don't choose a huge pot in the hope the plant will grow faster, as it won't! Most small plants will grow well in 75mm or 100mm pots, medium plants will often be suited to 125mm to 140mm pots, and large plants will need bigger pots to suit.

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**Potting mix:** Use a well draining potting mix which is of good quality. You can mix your own, or purchase a pre-mix from garden centres. Cacti, succulents and cycads will appreciate a potting mix which is very well draining. You can add some sand, perlite or vermiculite to improve drainage, or purchase a specific cacti & succulent potting mix. Some plants, such as Gardenia & Azalea will need specific potting mix as they prefer acidic soil, and Aroids such as Orchids and Philodendron like to grow in special orchid mix.

**Fertilising:** All plants appreciate good, nutrient-rich soil, and will grow well with a regular application of the right fertiliser. It is best to find a fertiliser specifically designed for the type of plant you are growing. We generally use a slow release fertiliser (such as Osmocote) for most plants, and also add lots of organic matter to the soil. Plants thrive with regular application of blood & bone, Dynamic Lifter or other organic fertiliser, which adds to your soil. You can also add slow release regularly to really kick them on. Some foliage plants will love a regular feed with liquid fertiliser, as it is both absorbed through the foliage, and the soil. Cacti and succulents need special care when it comes to fertilisers as they can be very sensitive. Use a diluted form of liquid fertiliser or organic fertiliser only.

**Watering:** Make sure you water in your plants really, really well! You need to get air bubbles out of the soil, as roots die when they come into contact with air bubbles. This might cause them to die back, prohibits them from thriving and might even cause death. It is one of the most important things to do when re-potting plants! Once watered in, water your plants regularly. The rate would depend on the pot size. Most leafy plants will give you an indication of when they need watering, but it's best to not let it get that far. You can stick your finger in the soil to check, the soil should feel moist to your second knuckle. If it feels dry, water. It is best to water when the plant needs it, and water well, rather than watering small amounts. This will stop the roots from developing properly. Make sure you don't overwater to avoid root rot and cloggy soil. Cacti and succulents don't need as much water. Most plants need less water during winter. Pots will need more watering than plants in the ground.

**Position:** It's best to keep your plants in a protected position away from heat, sun, draughts etc. until you see some new growth, such as a new shoot or leaf. Once they have accustomed to their new climate and environment, you can start adjusting them to their final position in the garden, or pot. Slowly adjust them to full sun, and keep them protected from frost and wind for as long as possible. Some plants, such as *Dracaena draco*, Cycads, Cacti and most Succulents can be placed in a sunny position right from when they are young. Growing plants up in pots until they're nice and strong will ensure a good start in the garden, so we recommend growing them in pots for a while first. If you are planting them out, 'tree guard' are a good thing, and so are structures around the plant with shade cloth. Make sure you mulch well when you plant them in the garden – mulch conditions your soil, protects roots and saves water!

## Research

As there are many aspects to growing plants, such as climate, position and care, we recommend you read as much as possible about your plant. The internet is a great source of information, as our online forums and books. Some plants may have special needs in your climate, and our guide is only provided as general information and reflects our own experience. We do not accept any responsibility for consequences of the usage of the information provided in this guide.

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