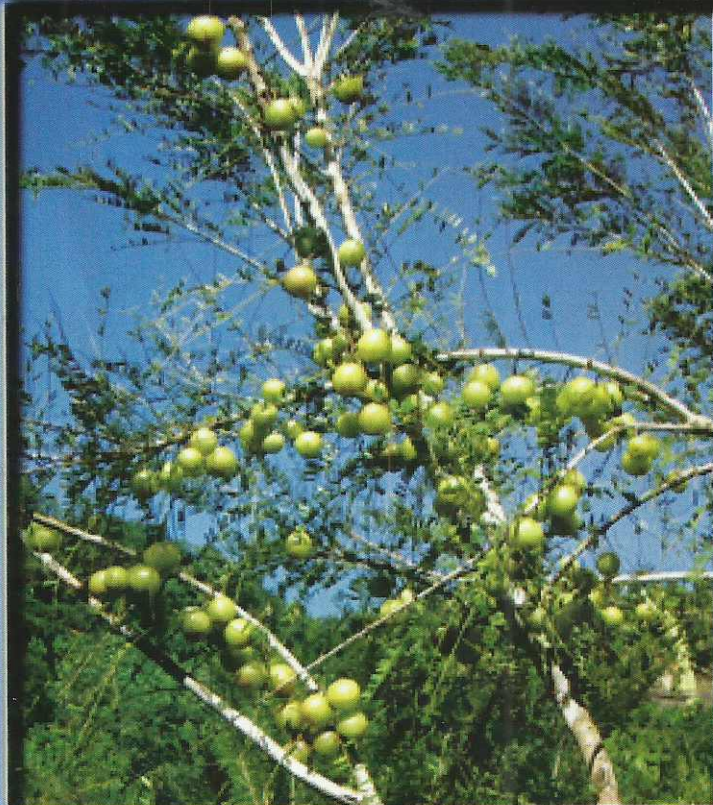


SUNHLU



Department of Horticulture
Mizoram

SUNHLU

Botanical name : *Embelica officinalis*

Common name : *Sunhlu (Mizo)*

Amla (Hindi)

Gooseberry (English)

A chi hrang te (Varieties) : Banarasi,
Chakaiya, Francis, NA-4 (Krishna) Kanchan,
NA - 6, NA-7, NA-10 leh BSR -1

Sik leh sa : Sunhlu hian khawlum leh vawt a tuar thei hle a, a kung naupang phun hlim te chu khawlum thli leh thlasik vur lakah ven a ngai a, a kung puitling chuan khaw vawt leh khawlum lam tehna 0°C - 46°C thleng a tuar thei a. Ruahtui kum khatah 630-800mm tlakna ah a tha duh hle.

Leilung: Lei ban lutuk lo balu lei (sandy) leh dur tha, a mamawh a, lei al lam hretah pawh a tha a ni.

Leitha pek: Sunhlu hi tin khat hmunah kung 200 vel a phun tawk a. Phun hma in FYM 15 kg leh phosphorous 0.5 kg zel khur tinah dah hmasak a tha. Sunhlu phun hnu-ah pawh kum tin a par hma in Nitrogen - 0.45 kg, phosphorous - 0.6 kg, phosphorus - 0.24 kg kung tin atan pek thin tur a ni.

A tihpun dan: Sunhlu hi a tlangpuiin sunhlu te chi a bul lam (rootstock) atan a hmangin sunhlu lian chi leh hrisel kung upa lutuk lo atanga a mit emaw atang la in zawm (grafting) emaw a mit bel (budding) hmanga tihpun a tha ber a ni.

A phun (Planting) : Khur 1 meter a zau leh 2 ft a thuk leh 4.5 m kar danah laih tur a ni a. Khur laih hnuah ni 20 vel nisa hnuaijah dah phawt nise, chumi hnuah leitha leh lei chunglang pawlh a khur hnawhkhah a, sunhlu chu phun tur a ni.

Tuipek (Irrigation) : Sunhlu phun hlimte chu kartin tuipek a ngai a, a len hnu-ah pawh thalah tui pek thin tur a ni a, a theih chuan nitin tui litre 25 vel kung khat atan pek a tha.

A kung enkawl leh a zar tan : December thla-ah a zar ro leh hrisel lo te, a kawkalh zawnga zarte tan tur a ni a, a kung sang zawng ringawt a thantir lova, a enkawl nuam zawng a than tir tur turin lei atanga 3 ft vel a sangah a kungpui chu tan tur a ni a, a zar hnuai lam ami te erawh chu zuah tur a ni.

Thlai dang chin pawlh : Sunhlu chinna kar velah hian Chana leh Behlawi te a chin theih a, Sunhlu zar

a phui hnu-ah chuan thlai dang chin a rem vak tawh lo a ni.

Mulching : Sunhlu phunna bul vel chu buhpawl emaw hnimhnah ro in emaw a chhah thei ang bera khuh a tha, a kung bul 15 - 20 cm huam chhung chu tihfai a, khuh tel loh tur a ni. Hetianga a bul vel khuh hi thallaiin a pawimawh lehzual a, lei a tui awm te boruak a kal zung zung tur a ven bakah buhpawl/ hnim te kha leitha atan a tha em em a ni.

Rannung eichhetu leh a natnate : Rannung, sunhlu eichhe thin ber chu Bark eating catter pillar (*Inderbella tetronis*) a ni a, hei hian a kung a kher vak thin a ni. A enkawl nan Endosulphon 0.5% emaw Moncrotophos 0.03% hi a kua-ah chiu luh a, leibana char leh tur a ni.

Sunhlu natna lar ber chu Rust (*Ravenellia emblicae*) a ni a. He natna lak a ven/ enkawl nan Indofil M-45 in September thla tir ah kap in, ni 15 danah vawi thum vel kah tur a ni.

A rah seng : Sunhlu hi phun kum atanga kum 4 hnu-ah a rah tlangpuia, a rah hmin hun a enghring rawng a nih huna lawh tur a ni. A rah hmin tha chu a sak a,

a tla mai lo bawk, chuvangin na deuh hlek a a kung sawi a ngai thin.

Sunhlu kung hi a sang zawngin a thang chak hle a, damdawi a kah leh a rah lawh te a harsat phah avangin a kung tet laiin 1m vela sangah tan a, a zar chawr tha 4/5 te zuah tur a ni a, a chawr chhia leh a zar dang tibuai zawng a awm te chu paih tur a ni. Chung a zar 5 vel zuah te chu tlem a a lo len hnu-ah 1 1/2 ft vel zuah a tan leh tur a ni. Hetiang a a kung tan a, a zar zawng a thantir hi a enkawl a nuam a, a rah lawh pawh a awlsam hle a ni.

Sunhlu kung puitling kum 10 a upa chin chuan 50 - 70 kg rah a chhuah thei a, sunhlu lian chi te hi a rah pakhat 60- 70 gms a ni a, 1 kg ah a rah 15 - 20 vel a awm a ni. Sunhlu kung hi enkawl that a nih chuan kum 70 thleng rah a chhuah thei a ni.

Sunhlu hian Vitamin C, Energy, Vitamin B Complex, Moisture, Fibre, Carbohydrates, Calcium, Phosphorus leh Iron te a pai avangin a hrisel em em a ni.

Sunhlu hmang hian eitur leh in tur te, sam dye-na thlengin a siam theih a. Sunhlu atanga thilsiam theih larzualte chu-

1. **Ginger Amla Shreds**

- Sunhlu - 1 kg
- Sawhthing - 1 cup
- Chi - a al tawk

A siam dan : Sunhlu chu her/ deng sawm la; chi leh Sawhthing tui nen khian chawhpawlh la, nisa-ah ni khat emaw pho ang che. A ro that hnu-ah bur fai leh boruak leh theih lohnaah dah ang che.

2. **SWEET AONLA**

- Sunhlu - 1 Kg
- Chini - 1/2 kg

A siam dan :

1. Sunhlu chu silfai hnu-ah Pressure cooker-ah wavi hnih vel phit tir tur a ni. Tichuan suan daih a, a mu paih tur a ni.
2. Chini bel lian deuh hlekah dahin sunhlu nen chuan tha taka chawh pawlh a, ni hnih chung nisa-ah pho tur a ni.
3. A nithumnaah chini tui tel lovin sunhlu chauh chu lakchhuah a, plastic paper-ah dah a, nihnih chung nisaah pho ro tur a ni a. Chumi hnuah bur fai takah dahin a vawn that theih tawh a ni.

3. Herbal Hair Dye :

Sunhlu Powder	-	1/2 cup
Henna Powder	-	1/2 cup
Dawi (Curds)	-	1 cup

A siam dan : Thir belthlengah a vaia chawhpawlh a, nikhat chung dah tur a ni. Tichuan a tukah a lo dum vek anga, sam dum nan a hman theih tawh a ni.

Luphut tan a that bakah mit a vawng dai bawk a ni.

4. Gooseberry Chutney

Sunhlu (a mu tel lo) - 250 gms.

Hmarcha sen - 100 gms

Mustard seeds - 10 gms.

Fenugreek - 25 gms

Cumin seeds - 25 gms.

Aieng - 1/4 teaspoon

Vinegar - 100 gms.

Chi - 100 gms.

Gingelly oil - 100 gms

Sodium Benzoate - 0.5 gm.

A siam dan :

1. Sunhlu chu silfai a, a mu pah vek tur a ni.

2. Tel 100 ml chhuang la, sunhlu chu fry tur a ni a; chumi hnuah vineger telhin a diak turin hersawm tur a ni.
3. Hmarcha, Cumin leh Fenugreek te hi a hranpa theuhvin kan ro hnuah den dip vek tur a ni.
4. Antam chi chu telah chhuan a, kanpuah tur, chumi hnuah hmarcha, Cumin leh Fenugreek dip nen khan chawhpawlh tur a ni.
5. Suan hnuah chi al a, Sunhlu hersawm sa leh kurtai nen uluk taka chawhpawlh tur a ni.

5. Sweet Gooseberry Pickle

Sunhlu - 500 gms

Chini - 500 gms

A siam dan :

1. Sunhlu chu silfai la, hruk fai hnuah vit kaw chek chek ang che.
2. Tui leh chini pawlh a, chhuah so tur a ni. Chini chu a hnan thlarh thleng tur (thirfiana suah a, a hnanng zai khat a nih thleng)
3. Sunhlu chu pawlh a, a hnanng fanin zai thlur hnih a neih thleng chhuan leh tur.

6. Gooseberry Pickle

Sunhlu mu tel lo - 500 gms

Chi	-	30 gms.
Lemon (Nimbu)	-	6 (Juice)
Hmarcha hring	-	10 (slice)
Aieng	-	1/2 teaspoon

A vai hian pawlh la, nisaah pho ro la, bottle fai takah dahthain, duh hun hunah a hman theih a ni.

7. **Gooseberry Masala Gooseberry Powder**

Sunhlu	-	1 kg
Chi	-	75 gm
Hmarcha hring	-	200 gms
Tengtere	-	50 gms
Kurtai	-	1 ball (250 gm)
Sawhthing	-	Zungpui tiat
Coriander leaves	-	200 gm
Mint	-	200 gm
Curry leaves	-	200 gm

A siam dan :

1. Sunhlu chu silfai hnuah a mu paih vek tur a ni.
2. A dang zawng hi pawlh a, hersawm a, a inpawlh that hle hnuah sunhlu chu telh a, her/den leh sawk tur a ni.
3. Sunhlu chawhpawlh chu tui tel lovin

lakchhuah tur a ni a, tichuan nisaah
nilengin pho ro tur a ni.

4. Nilenga pho hnuah Sunhlu chawhpawlh
chu a tui nen pawlh leh a, nisaah nilenga
pho leh tur a ni.

Chutiang chuan a ro that hma chu tih tur
a ni.

8. Aonla Sweet Candy

Sunhlu - 1 kg

Chini - 3/4 kg

A siam dan : Sunhlu chu minute 7 vel steam (tui sa
hua ur) a, dah daih hnuah a mu tel lovin chansawm
tur a ni. Chini chu tui tlem nen minutes 10 vel chhuah
a, suan daih deuh hnuah Sunhlu chu telh mai tur a ni.
(Duh thlum dan a zirin Chini hi 1/2 kg pawh a hman
theih)

9. Amla Supari

Sunhlu kg 1 te reuh te te a chan tur

Chi 50 gms leh black salt 50 gms pawlh

tur.(chi hi duh dan a zirin a tihlemin a tih
tam theih)

Nisa-ah pho tur.

Tichuan Amla Supari chu a ni tawh mai.

10. Chyavanprash

Sunhlu	- 1 kg and 250 gms
Pure Ghee	- 250 gms
Lump Sugar	- 1 kg
Lawngpar	- 25 gm
Daaf chini	- 25 gm
Cinamon long paper	- 25 gm
Naag Kesar	- 25 gm
Pipramool Ganthole	- 25 gm
Cardamom powder	- 50 gm
Pure saffron	- 2 gm

A siam dan :

1. 25 gms ho zawng hi la khawm la, tihdip tur a ni.
2. Sunhlu zawng hi tui tlem nen chhum a, suan daih hnuah a mu paih vek tur a ni.
3. Tichuan Sunhlu chu chhihri hmangin nuai sawm vek tur a ni a. Chihri a nuai sawm tla (Maava) zawng chu 1kg vel a ni ang.
4. Chutah chuan Pure Ghee 250 gms telh a , a buanthak thleng a chhum tur a ni.
5. Tichuan Sugar Powder telh a, a uk dal rawng a kai thleng a chhuan tur a ni a, (a u k

dal rawng a thlen meuh chuan a ri a hriat theih a ni)

6. Tichuan suan a, darkar chanve hnuah

Masala a tira tihdip ho nen khan pawlh tur a ni a, darkar chanve bawk dah leh rih tur a ni a, chumi hnuah Pure saffron nen chawhpawlh a, bur fai takah ni 15 dah hnuah a hman theih a ni.

11. Gooseberry Thokku

Pawlh tur te:

Gooseberry pulp	- 1 kg
Hmarcha dip	- 100 gms
Asofoetida	- 10 gms
Chi	- 100 gms.
Antam	- 15 gms
Fenugreek	- 10 gms
Vinegar	- 80 ml
Gingelly oil	- 1/2 litre
Aieng	- 10 gms

2% Alum solution ah sunhlu chu a hnip thlengin chhum la. Uluk takin sil la, sunhlu mu chu la chhuak ang che. Chumi hnuah tha takin rawt kawi ang che.

Tel leh antam (season mustard) chu chhuang sa la. Sunhlu kawi chu rei lo te chhuang kang rawh. Bawlhlo chi zawng zawng chu telh la 5 mins. chhung vel chhuang leh rawh. Vinegar pawlh rawh. Uluk taka i chawhpawlh hnuah suan la, 0.2 gms Sodium Benzoat (a vawn thatna) Kg 1-a rit zelah pawlh la, bottle faiah dah tha ang che.

12. Gooseberre Pachadi

Pawlh tur te:

Sunhlu	- 5
Curd	- No 1
Hmarcha hring	- 1
Asofoetida	- Hmeh 1 (1 Pinch)
Coconut dip	- 1 tps
Tel	- 1 tps
Antam	- 1/2 tps
Chi	- Hmeh 1

Sunhlu deng sawm la, antam, asofoetida leh hmarcha tel nena chawhpawlh chu curd nen chawhpawlh la. Hemi hnuah sunhlu leh coconut telh la uluk takin chawhpawlh tawh rawh.

13. Gooseberry Porial

Pawlh tur te:

Sunhlu	- 4
Antam	- 1/4 tps
Hmarcha dip	- 1/4 tps
Asafoetida	- sawh khat (1 pinch)
Tel	- tlemte, far hnih thum
Aieng	- sawh khat

Sunhlu chu la chhuak la, sin te te in chan sawm rawh. A nem thlengin tui nen chhum rawh. Tel leh antam chu chhuang sa la, pawlh tur zawng zawng pawlh leh hnuah 2 min-chhung kang la Gooseberry chu ei theih a lo ni ta.

14. Gooseberry Rice -2

Pawlh tur te:

Buhfai	- No 1
Sunhlu te reuh te te	- 15
Aieng	- 1/4 tps
Hmarcha hring	- 10
Tel	- 2 tps.
Chi	- A al tawk

For seasoning :

Antam chi	-	1/2 tps.
Bengal gram dal	-	1 tps
Black gram dal	-	1 tps
Cashewnut chhut keh	-	1 tps
Curry leaves	-	tlemte

Buhfai chu chhum la dah dai rawh. Chaw chu a la sat lai in aieng phul rawh. Sunhlu mu la chhuak la, a sin thei ang berin chan rawh. Hmarcha tlemte chu pahnih ah chan la. A la bang zawng chu chi tlemte nen rawt sawm rawh. Meat oil-ah seasoning zawng chu pawlh la, a uk thap thleng kang ro rawh. Hmarcha hring pawlh hnuah sunhlu pawlh leh ang che. Sunhlu chu a lo nem thleng kang la, hmarcha rawt kaw chu i telh leh hnuah 1min. khat chhung vel kang leh ang che. Suan la, a daih hnuah kutin sawm takin hmet ang che, tichuan chaw, chi a al tawk tur nen uluk takin pawlh ang che. Dhania chan sawm a chung ah chuan phul leh la, ei tur peih a ni ta.

15. Aonla Sweet Pickle

Pawlh tur te:

Sunhlu	-	1kg
Chini	-	3/4 kg (750gm)
Tui	-	2 1/2 lt.

Sunhlu chu ziat (rawt) phawt la. Belah tui 2 lt chhuang so la. Chhuanso hnuah sunhlu rawt sawm hnu chu pawlh la 2 min. chhung chhuang leh ang che. Suan la, a tui thli thlawr ang che. I thlithlawr hnuah, a tui labang zawng chu chhuang leh la chini chu kawh hlarh turin chhuang leh ang che. Chumi hnuah sunhlu chhum sa chu pawlh leh la, 20-25 min. chhuang leh ang che. Tichuan a lo khal deuh tawh ang, tichuan suan la saffron, elaichi a tui nan leh a rim a tan thlak leh ang che. Hei hi jam angin a hman theih bakah a dahthat theih a ni.

16. Aonla Juice

Pawlh tur te:

Sunhlu	- 1 kg
Chini	- 750gm
Tui	- 1 lt
Sawhthing	- 100 ml
Lemon	- 2 No (a tui)
Chi	- a al tawh tur

Belah chini leh tui chu chhuang la, chini tui siam ang che. Dah dai la sunhlu den sawm sa, nimbu tui, sawhthing tui leh chi chu pawlh ang che. Darkar hnih chhung vel chiah la puanin thlifim ang che. A

tui chu bottle ah dah tha ang che. Squash chu
tui pawlh hnuah in theih a ni ta. Hei hian
Vitamin C tha tak a pai bakah cholesterol a
tihnam thei a ni.

16. Aonla Juice
Pawlhnter a mawh a h gawz ah ang
Sumbia - 1 kg
Chinthee use ma h 750g
Tui a ma haw ma haw haw haw
Sawhng haw haw haw haw
Lemon Juice a haw haw haw haw
Chiwe haw haw haw haw haw
Bala haw haw haw haw haw
siam ang chaw haw haw haw haw
tui sawhng haw haw haw haw haw
haw chaw haw haw haw haw haw