

Halman Apricot

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Halman Apricot Latest News

For the first time, a consignment of 1.5 metric tonnes of Halman apricots has been sent to Saudi Arabia, Kuwait and Qatar.

About Halman Apricot

- It is an apricot (*Prunus armeniaca* L.) variety found in **Ladakh**.
- It is one of the best and finest apricots in the world.
- It was **introduced** to the region **over a century ago from China or Central Asia**.
- It has a wide range of distribution in **different parts of Ladakh** with **particularly abundant in the Sham (western) part of Ladakh** including Dha-Hanu, Garkhon, Skurbuchan, Domkhar, Wanla, Khaltse, and Timosgang villages.
- Renowned for its **rich flavor and versatility**, it is deeply embedded in **Ladakhi cuisine, traditional medicine, and festive rituals**, making it an indispensable part of Ladakh's agricultural heritage.
- Halman serves as a **good source of nutritive compounds**.

- Nutritionally, it is a powerhouse of essential vitamins such as **Vitamin C and Vitamin E** and **minerals like potassium, magnesium, and iron**.
- It also serves as a good source of **dietary fiber and antioxidants**.

Source: [HBL](#)

Source: <https://vajiramandravi.com/current-affairs/halman-apricot/>

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