



BERMUDA FRUITS

Ever since the early 17th century, islanders have used local fruits for culinary and folk remedy purposes, as well as for dyes. In this stamp issue, six of our most popular fruits are depicted by Bermudian Janet Percy in her beautiful, coloured pencil illustrations. Born in 1935, she is a self-taught artist who has always been inspired by nature. Between 1980 and 1990, she regularly exhibited her botanical watercolours. After a break, in 2000 she began creating her papier-mâché marine sculptures, Reef Roamers, to much acclaim locally and abroad. Recently, she has returned to botanical drawing in her preferred medium of coloured pencils.

Pomegranate (*Punica granatum*) .5c

This orange-biscuit coloured fruit was first mentioned in Bermuda in the 1620s when the seeds were dried and eaten like nuts. The rind, containing tannin, was used for leather preparation and for dyes. The bark was boiled into a tea to relieve labour pains.

Loquat (*Eriobotrya japonica*) .10c

Native to Japan and introduced to Bermuda from Malta by Governor Reid in 1850, small, yellow, plum-shaped loquats appear January through February. Children haunt the trees to pick and eat them. Fruits are also used in pies, chutneys, jams and liqueurs. Rich in potassium and vitamins, loquats help to reduce cholesterol levels and high blood pressure. They also combat the common cold.

Prickly Pear (*Opuntia stricta* var. *dillenii*) .50c

Bermuda's only native cactus was described by Sylvester Jourdain in 1613. Its edible yellow flowers are followed by thorny, crimson fruits, delicious when peeled. Excellent for making jams, jellies and drinks, these vitamin and mineral rich fruits help to reduce cholesterol levels, high blood pressure, type 2 diabetes, arthritis, and asthma. They also aid digestion, alleviate respiratory and urinary infections and help to maintain healthy heart, skin and bones.



Surinam Cherry (Eugenia uniflora) \$1.00

Native to Brazil and Guyana, the tree was introduced to Bermuda by the early 1800s. Children love picking and eating these red, ridged fruits. They have a tart flavour and are excellent for making jams and jellies, wines and desserts. Infused leaves help asthma, colds, coughs and flu, gout, eye infections and hypertension. Leaves can also be used to make poultices for wounds and skin rashes.

Pawpaw (Carica papaya) \$1.15

Introduced to Bermuda from the West Indies in 1616, the pawpaw tree is a local favourite. When ripe and yellow, the fruits are eaten raw in fruit salads. Green, they act as meat tenderisers in stews and soups. Pawpaw leaves are also tenderisers when wrapped round meat during baking. All parts of the pawpaw are medicinally valuable. The leaves, rich in vitamins and minerals, are used to heal skin sores and inflammations. Overall benefits include reducing high blood pressure, blood sugar and cholesterol levels, aiding digestion and preventing strokes. Pawpaw milk may dissolve warts.

Bay Grape (Coccoloba uvifera) \$1.35

Seen in thickets along the South Shore, this tree is native to Bermuda. It gives autumnal colours to the landscape in spring when the leaves turn yellow, orange or reddish brown before dropping. Its new leaves are green with red veins. Small white flowers are followed by green fruit, becoming purple when ripe. Although fruits are unappetising raw, they make good jelly.

NB Medicinal information is mostly taken from Bermudian Folk Remedies by Kuni Frith-Black ND, published by the Department of Community and Cultural Affairs 2013

TECHNICAL DETAILS

DESIGNER	Sheila Semos
ARTIST	Janet Percy
PRINTER	Brebner Print
PROCESS	Lithography
STAMP SIZE	28mm X 42mm
PERFORATION	13.33 Per 2cms
PANE	50 (2 X 25)
PAPER	CASCO Crown Watermarked
VALUES	.5c, .10c, .50c, \$1.00, \$1.15 and \$1.35
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