

Fruit: Date
Group: Girls
Age: 10 - 12
Teacher: Sajidah Hameer

The Date - تمر

Where is 'the date' mentioned in the qu'ran?

While the date palm tree is called "nakhl," the fruit is called "tamr" in Arabic. The palm tree is mentioned more than 20 times in the Quran!

Surah Maryam:25

وَهَرِّي إِلَيْكَ بِجَذَعِ النَّخْلَةِ تَسَاقُطُ عَلَيْكَ رَطَبًا حَنِينًا

And shake the trunk of the palm-tree towards thee: it will drop fresh, ripe dates upon thee.



Surah Nahl:67

وَمِن ثَمَرَاتِ النَّخِيلِ وَالْأَعْنَابِ تَتَّخِذُونَ مِنْهُ سَكَرًا وَرِزْقًا حَسَنًا إِنَّ فِي ذَلِكَ لَآيَةً لِّقَوْمٍ يَعْقِلُونَ

And [We grant you nourishment] from the fruit of date-palms and vines: from it you derive intoxicants as well as wholesome sustenance -in this, behold, there is a message indeed for people who use their reason!

Al-Mu'minun:19

فَأَنْشَأْنَا لَكُمْ بِهِ جَنَّاتٍ مِّن نَّخِيلٍ وَأَعْنَابٍ لَّكُمْ فِيهَا فَوَاكِهُ كَثِيرَةٌ وَمِنْهَا تَأْكُلُونَ

And by means of this [water] We bring forth for you gardens of date-palms and vines, wherein you have fruit abundant and whereof you eat,

When this fruit is examined, it can be seen to have a great many important features. New benefits of the date are being discovered every day and has come to be used as a medicine as well as a food. These features of the date are noted in Surah Maryam:

The pains of labour drove her to the trunk of a date-palm. She [Maryam] said, "Oh if only I had died before this time and was something discarded and forgotten!" A voice called out to her from under her, "Do not grieve! Your Lord has placed a small stream at your feet. Shake the trunk of the palm towards you and fresh, ripe dates will drop down onto you. Eat and drink and delight your eyes..." (Qur'an, 19:23-26)

There is considerable wisdom in the way that Allah recommends Maryam to eat this fruit. The date is an excellent choice of food for the pregnant women and for those who have just given birth. This is a widely accepted scientific fact. Maryam was inspired to understand this point, in order to make her own labour easier. The date has one of the highest sugar levels, 60-65%, of all fruits. Doctors recommend that pregnant women be given foods containing fruit sugar on the day they give birth. The aim behind this is to energise and revitalise the mother's weakened body and at the same time to stimulate the milk hormones and increase the levels of mother's milk essential to the new-born baby.

In addition, loss of blood during birth leads to a fall in body sugar levels. Dates are important from the point of view of enabling sugar to enter the body and prevent blood pressure from dropping.

These facts reveal the wisdom in the way that Allah recommended Maryam to eat dates, designed to energise and invigorate the woman and ensure the emergence of milk, the only food for a baby. Modern-day scientists state that human beings can actually live for years on nothing more than dates and water. A recognised expert in this field, says that one grain of date and a glass of milk are enough to meet all of a person's daily nutritional requirements.

Are there any ahadith or stories on 'the date'?

It is recommended to us in ahadith to break our fasts with dates. This is because it is source of fast energy and instantly energises us after our fast.

One day, Imaam Ali (a) went to the market to meet his friend and companion, Maytham al-Tammar. He sat and talked with him. People passed by them; some of them did not know the Imaam while some of them knew him. They were astonished to see the Imaam sitting with a date seller!

After a while, Maytham wanted to go to buy something. He asked the Imaam's permission and went away. The Imaam stayed behind to look after Maytham's stall and sell the dates. In the meantime, a man came to buy some dates worth four dirhams. The man took the dates and went away. Maytham came back. He was astonished to see the dirhams because they were false. The Imaam smiled and said: *'The owner of the dirhams will come back.'*

Again Maytham became astonished. He wondered: *'The man bought the dates by false dirhams! Why would he come back?'*

After an hour, the owner of the dirhams came back. He said angrily: *'I don't want these dates! They are bitter! Why are they bitter?'* The Imaam said: *'Because your dirhams are false!'*

The man was full of astonishment. He took the dirhams and went away.



to eat these dates.

Also, when Bibi Maryam (a) was about to give birth to Nabi Isa (a), she was in a lot of pain. A stream appeared at her feet; Allah told her to shake a tree, and dates fell from the tree. She was told

What are some benefits of eating 'the date'?

- Dates are **free from cholesterol** and contain very low fat. Dates are rich in vitamins and minerals.
- They are **rich source of protein, dietary fiber** and **rich in vitamin B1, B2, B3 and B5** along with **vitamin A1 and C**.
- It helps improve the **digestive system** as it contains soluble and insoluble fibers and

different kinds of amino acids.

- Dates are great **energy boosters** as they contain natural sugars like glucose, sucrose and fructose. To get more advantage add dates to milk and make it a very nutritious snack. Dates are very low in calories and are extremely suitable for health conscious people.
- Dates are rich in potassium and reduced in sodium. This helps regulate a **healthy nervous system**. Researches have revealed the fact that potassium intake up to a certain extent can **reduce risk of stroke**.
- Dates also help in lowering of **the LDL cholesterol**.
- Dates have **high iron** content and are very useful in treating anemia. The patients can eat many dates for better advantages. Dates also have **fluorine** that slows down the process of tooth decay.
- It helps people suffering from **constipation**. Soak dates overnight and take it along with water to have added advantage.
- It helps increase one's sexual stamina. Soak one handful of dates in goat's milk overnight. In the morning grind the dates in the milk and add honey and cardamom powder and drink it.
- Dates help in **weight gain** and are beneficial for those who suffer from over slimming problem. Dates are excellent for **alcoholic intoxication**.
- Cures **abdominal cancer**. The best thing is that it does not have any side effect on the body and is completely natural as well as it works better than medicine. It also helps in **improving eye sight** and helps in **curing night blindness** as well



What are some uses of 'the date' palm tree?

Handicrafts, such as ropes and mats can be woven from the branches of the tree, while the bark is very useful as a building material. In early descriptions of the Prophet Muhammad's (may the peace and blessings of Allah be upon him) mosque in Madinah, historians state that the leaves of the date palm were used as a roof covering.

Even the date stone is used as cattle feed, once it has been soaked and powdered. The juice from the date palm is an ingredient in baking and cooking.

