



VARIETY PROFILE

Barhi

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Barhi is distinctive because it is widely known as a fresh date at the Khalal stage. At that point the fruit is typically firm, yellow to amber, and eaten before it has softened and dried fully. FAO's technical description notes its pleasant flavor and low astringency at this stage.

The Variety Whose Timing Matters

Barhi – also written Barhee, Berhi, or Birhi – is distinctive because it is widely known as a fresh date at the Khalal stage. At that point the fruit is typically firm, yellow to amber, and eaten before it has softened and dried fully. FAO’s technical description notes its pleasant flavor and low astringency at this stage.

For consumers, this changes the most important buying question. Instead of asking only “Which variety is this?”, ask “At what stage was it harvested, and how is it being sold?” A Barhi bunch intended to be eaten fresh is a different product experience from a date that has matured to the Tamar stage.

Origin and Cultivar Identity

FAO traces Barhi to Iraq and records its introduction to the United States in the early twentieth century. The variety has since been grown in several date-producing regions. Its name appears in different spellings, so a shopper may see Barhi or Barhee in product descriptions.

Table: Main Stages of Date Development

Stage	Description	Approximate Duration
Kimri	Immature, green, inedible	9-14 weeks
Khalal	Fully sized, firm, color changes from green to yellow or amber	3-5 weeks

Stage	Description	Approximate Duration
Rutab	Begins to soften and darken, often more delicate	Variable
Tamar	Fully mature, has lost more moisture, suitable for longer storage	Final stage

Source: FAO, Date Palm Cultivation, Chapter I: Botanical Description.

Why Fresh Barhi Needs Careful Handling

Higher-moisture fruit is more vulnerable to deterioration than fully mature, dried dates. FAO’s post-harvest guidance explains that date maturity and moisture influence handling and storage requirements. Barhi at Khalal stage is valued as fresh fruit, but its seasonal character means transport, temperature, and time between harvest and consumption matter.

How to Serve and Enjoy Barhi

Fresh Khalal Barhi can be eaten as it is, often after gentle washing and drying. Its firm texture makes it suitable for serving chilled, depending on the seller’s instructions and local custom. As the fruit advances toward Rutab, it becomes softer and can be used in ways more familiar to consumers of ripe dates.

Related Date Variety Guides

- [Central hub: DatesOracle Variety Guide](#)
 - [Deglet Noor Dates: A North African Variety with a Long Culinary Life](#)
 - [Zahidi Dates: Cultivar Identity, Harvest, Food Uses and Buying Advice](#)
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FAQ

How do I know if the Barhi I'm buying is fresh or

dried? A reliable listing should say whether the product is fresh Khalal Barhi or a later-stage fruit, describe the expected texture, and provide clear storage instructions. Check shipping conditions and delivery timing, especially for a perishable seasonal product.

Can I use dried Barhi in recipes that call for soft

dates? Because Barhi's texture changes during ripening, recipes should specify the stage they require. A recipe written for a soft, fully ripe date may not work the same way with firm Khalal fruit.

What causes surface checking or splitting in Barhi?

The fruit can develop surface checking or splitting under certain growing and weather conditions. These issues are relevant to growers and packers because they affect appearance and marketability. For a buyer, a few natural surface marks are not enough to diagnose quality.

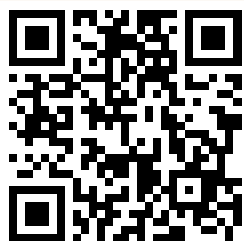
Sources

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- Codex Alimentarius, Standard for Dates CXS 143-1985: fao.org/fao-who-codexalimentarius/sh-proxy/en/
- ICARDA, Date Palm research: <https://icarda.org/research/climate-smart-crops/date-palm>

- USDA-ARS, National Clonal Germplasm Repository for Citrus and Dates:

ars.usda.gov/pacific-west-area/riverside-ca/usda-ars-nati...

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