



VARIETY PROFILE

Deglet Noor

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Deglet Noor is an elongated date variety ranging from amber to light brown, with a semi-dry to firm texture in most commercial forms. It has long been associated with the oases of Algeria and Tunisia and was introduced to California in 1900. Its structure holds up well when chopped or cooked.

Historical Roots

UC Agriculture and Natural Resources records that Deglet Noor offshoots were brought to California in 1900 by W. T. Swingle. The

variety was already highly regarded in North African oases and became one of the foundations of California’s commercial date industry. This history reflects the movement of date-palm planting material across regions and the role of growers and agricultural researchers in establishing crops in new environments.

Table: Deglet Noor Nutrition (per 100 g)

Nutrient	Amount	Source
Energy	282 kcal	USDA FoodData Central, FDC 171726
Protein	2.45 g	USDA FoodData Central, FDC 171726
Total fat	0.39 g	USDA FoodData Central, FDC 171726
Carbohydrate	75.03 g	USDA FoodData Central, FDC 171726
Water	20.53 g	USDA FoodData Central, FDC 171726

Ripening Stages and Their Importance

FAO describes the main commercial stages of date development as Khalal, Rutab, and Tamar. At the Tamar stage, the fruit is more fully mature and has lost more moisture. Dates sold at different stages can differ considerably in texture and keeping quality, so stage and storage information can be as important as the cultivar name. Moisture is central to post-harvest quality: excess moisture can encourage deterioration, while over-drying can produce an unpleasantly hard fruit.

Deglet Noor in the Kitchen

Deglet Noor can be chopped into couscous, folded into muffins, added to salads, cooked into sauces, or included in savory dishes. Its relatively firm flesh can be useful when a recipe calls for identifiable pieces of fruit. For baking, consider whether the recipe needs chopped fruit or a smooth paste. If the recipe depends on a sticky binder, the date may need to be softened and processed.

Related Date Variety Guides

- [Central hub: DatesOracle Variety Guide](#)
 - [Medjool Dates: Origin, Growing Conditions, Texture and Uses](#)
 - [Barhi Dates: Understanding Khalal, Rutab and Tamar](#)
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FAQ

Is Deglet Noor a dry or soft date? It is generally described as semi-dry to firm. Its final texture depends on maturity, moisture, and processing. A product sold as semi-dry should not be expected to have the same softness as a moist, fresh-stage date.

What is the difference between pitted and unpitted Deglet

Noor? Codex recognizes different presentation formats, including pitted and unpitted dates. A pitted product includes an additional processing step and offers convenience that a whole, unpitted product does not.

How do I check Deglet Noor quality?

Check the net weight, country of origin, pitted status, and any added ingredients. Avoid judging the entire product from one polished photograph. If you

see mold or notice a clearly abnormal fermented smell, do not taste the fruit.

Sources

- FAO, Date Palm Cultivation: <https://www.fao.org/4/y4360e/y4360e00.htm>
- Codex Alimentarius, Standard for Dates CXS 143-1985: [fao.org/fao-who-codexalimentarius/sh-proxy/en/](https://www.fao.org/fao-who-codexalimentarius/sh-proxy/en/)
- USDA FoodData Central, Dates, deglet noor (FDC 171726): <https://api.nal.usda.gov/fdc/v1/food/171726>
- UC Agriculture & Natural Resources, California date history: ucanr.edu/blog/topics-subtropics/article/not-all-medjool-...

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