



VARIETY PROFILE

Medjool

Author · Hassen Moumen **Updated** · October 9, 2026 **Read time** · ~4 min

IN THIS GUIDE

- 01 Where Medjool Came From
- 02 Table: Medjool Nutrition (per 100 g)
- 03 Appearance and Texture
- 04 How Medjool Is Grown
- 05 Ways to Use Medjool
- 06 How to Buy and Store It
- 07 Related Date Variety Guides
- 08 FAQ
- 09 Sources

Medjool is a large, oval date variety ranging from deep amber to brown, with soft, pliable flesh around a single elongated pit. It originated in Morocco's Tafilalet region and was introduced to the United States in 1927. The name describes a recognized type, but actual fruit quality depends on harvest maturity, growing conditions, post-harvest handling, and storage.

Where Medjool Came From

FAO’s technical account traces Medjool to Morocco’s Tafilalet area and records its introduction into the United States in 1927. The variety had already developed a reputation as an export fruit, valued for its size and appearance. California later became an important production region, helping make Medjool more familiar to American consumers.

Table: Medjool Nutrition (per 100 g)

Nutrient	Amount	Source
Energy	277 kcal	USDA FoodData Central, FDC 168191
Protein	1.81 g	USDA FoodData Central, FDC 168191
Total fat	0.15 g	USDA FoodData Central, FDC 168191
Carbohydrate	75 g	USDA FoodData Central, FDC 168191
Dietary fiber	6.7 g	USDA FoodData Central
Water	21.32 g	USDA FoodData Central, FDC 168191

Appearance and Texture

FAO describes Medjool as a soft date, though not the softest among date varieties. Its large size is one of its clearest visual features. The skin is commonly wrinkled, and the flesh should feel tender rather than hard or brittle. Natural variation in color and surface wrinkles is normal for an agricultural product; a photograph cannot reveal everything about moisture, aroma, or storage history.

How Medjool Is Grown

Date palms are dioecious: male and female flowers occur on separate palms, so commercial production requires pollination. FAO's cultivation guide discusses pollination, bunch management, thinning, irrigation, harvest, and post-harvest handling as linked parts of production. For a large-fruited variety such as Medjool, growers manage fruit load to influence the size and quality of the crop.

Ways to Use Medjool

Medjool is straightforward to serve whole, but its uses extend beyond snacking. Split and fill it with a nut, seed butter, or soft cheese for a simple appetizer. Chop it into oatmeal or yogurt. Blend it into smoothies or date paste. In energy bites and snack bars, its soft flesh can help bind ingredients together.

How to Buy and Store It

Read the whole listing, not only the variety name. Look for the country or region of origin where available, net weight, ingredient list, pitted status, storage instructions, and a clear description of the product's condition. Codex's standard explains several commercial presentation categories and the general requirements for dates prepared for direct consumption.

Related Date Variety Guides

- [Central hub: DatesOracle Variety Guide](#)

- [Deglet Noor Dates: A North African Variety with a Long Culinary Life](#)
 - [Ajwa Dates: Al-Madinah, Islamic Tradition and the Fruit Behind the Name](#)
-

FAQ

Is every Medjool date the same in taste? No. A study

from UC Agriculture and Natural Resources found substantial genetic variation among sampled Medjool palms grown in California, suggesting early introductions may have represented a landrace rather than a single uniform clone. Individual fruit quality can still vary by origin, harvest, and handling.

How should I choose Medjool dates when buying? Read

the full listing, not just the variety name. Look for origin, net weight, ingredients, pitted status, and storage instructions. For online comparisons, calculate price per ounce or per 100 grams after confirming equivalent products.

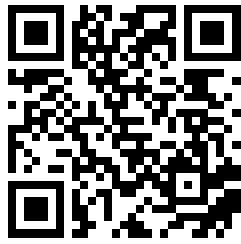
How should I store Medjool dates? Follow the package

storage instructions. Keep dates protected from heat, moisture, and contaminants. Refrigerate or freeze when the label recommends it or when you need longer storage. If there is visible mold or an unusual 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, medjool (FDC 168191): <https://api.nal.usda.gov/fdc/v1/food/168191>
- UC Agriculture & Natural Resources, Medjool genetic variation: ucanr.edu/blog/topics-subtropics/article/not-all-medjool-...

Scan to read this article online



Find DatesOracle on social media

IG · Instagram

TU · Tumblr

TH · Threads

FB · Facebook

TW · Twitter

PI · Pinterest

© 2026 Dates Oracle. All rights reserved.