



VARIETY PROFILE

Zahidi

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

IN THIS GUIDE

- 01 A Variety with a Practical Place in the Pantry
- 02 How Zahidi Appears in Commercial Standards
- 03 Table: Codex Date Variety Classification by Sugar Type
- 04 Ripening and the Finished Fruit
- 05 Ways to Use Zahidi
- 06 Related Date Variety Guides
- 07 FAQ
- 08 Sources

Zahidi is a recognized date variety with a long history in commercial production. It is commonly described as firm to semi-dry, with a golden-brown appearance and a shape that can be elongated or cylindrical. Codex classifies it among invert-sugar varietal types. Its structure makes it useful in ordinary food preparation where chopped pieces need to retain their form.

A Variety with a Practical Place in the Pantry

Zahidi is a recognized date variety with a long history in commercial date production. It is commonly described as firm to semi-dry, with a golden-brown appearance and a shape that can be elongated or cylindrical. The fruit's structure makes it useful in ordinary food preparation, where chopped pieces may need to retain their form.

As with all dates, the word “Zahidi” does not tell the whole story. Fruit texture depends on maturity and moisture, while storage and processing influence the condition of the final product.

How Zahidi Appears in Commercial Standards

Codex lists Zahidi among the invert-sugar varietal types and sets out general requirements for whole dates prepared for direct consumption. It also recognizes different presentation formats, including pitted and unpitted fruit. USDA Agricultural Marketing Service materials list Zahidi among the date varieties subject to California’s commercial regulatory framework.

Table: Codex Date Variety Classification by Sugar Type

Sugar Category	Varieties Listed in the Standard	Source
Cane sugar varieties (mainly sucrose)	Deglet Noor, Deglet Beidha	Codex CXS 143-1985
Invert sugar varieties (glucose and fructose)	Barhi, Saiidi, Khadrawy, Halawy, Zahidi, Sayer	Codex CXS 143-1985

Codex sets a maximum moisture content of 26% for cane sugar varieties and 30% for invert sugar varieties.

Ripening and the Finished Fruit

FAO describes date development through stages that culminate in Tamar, when the fruit has reached full maturity and lost more moisture. Many dates marketed for pantry use are harvested or handled to achieve a stable, mature condition suitable for storage and transport. Zahidi is commonly associated with a firm, pantry-friendly eating style, though the exact texture varies by product and origin.

Ways to Use Zahidi

Zahidi can be eaten as a snack, chopped into baked goods, added to grain dishes, or included in cooked preparations. Its firmer texture can be useful when a recipe calls for distinct pieces of fruit. For a smoother filling or paste, the fruit may need soaking or processing, depending on its moisture level.

Related Date Variety Guides

- [Central hub: DatesOracle Variety Guide](#)
 - [Barhi Dates: Understanding Khalal, Rutab and Tamar](#)
 - [Halawy Dates: Fruit Characteristics, Cultivation and Everyday Uses](#)
-

FAQ

Is Zahidi a dry or semi-dry date? It is generally described as firm to semi-dry. Firmness should not be confused with

dryness to the point of being unpleasant. The useful question is whether the fruit's texture is consistent with the seller's description and intended use.

How do I check Zahidi quality when buying? Read the ingredient list and check the net weight, country of origin, pitted status, storage directions, and any added ingredients. If the product is sold pressed or in another prepared form, confirm that the format suits your intended use.

Can I store Zahidi for a long time? Follow the package instructions. Store dates protected from contaminants and unsuitable heat or moisture. Discard fruit that shows visible mold or has an abnormal smell rather than tasting it to test for spoilage.

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 Agricultural Marketing Service, Dates Grades and Standards: ams.usda.gov/grades-standards/dates-grades-and-standards
- ICARDA, Date Palm research: <https://icarda.org/research/climate-smart-crops/date-palm>
- MyPlate, Fruit Food Group: <https://www.myplate.gov/eat-healthy/fruits>

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.