

MORE FRUIT FACTS



The **ALUPAG** tree is indigenous to the Philippines. It has a white, semi-transparent flesh.

Irishman Sir Hans Sloane first called the **AVOCADO** tree an “alligator pear tree.”

BANANAS can be found in other colors, including red and pink. A row of bananas is called a hand, while a single banana is called a finger.

BARBADOS CHERRIES can be pureed into jams, jellies, or syrups. The juice can be used to prevent browning of other fruits such as apples and bananas.

BILIMBI are extremely sour. In the Philippines and India, they are eaten raw or dipped in rock salt.

BREADFRUIT bark can be used to make paper. The sap of breadfruit trees can be used as glue.

The Aztecs used **CAÇAO** to create a beverage called xocolatl (lit. “bitter water”). It takes 400 cacao beans to make one pound of chocolate.

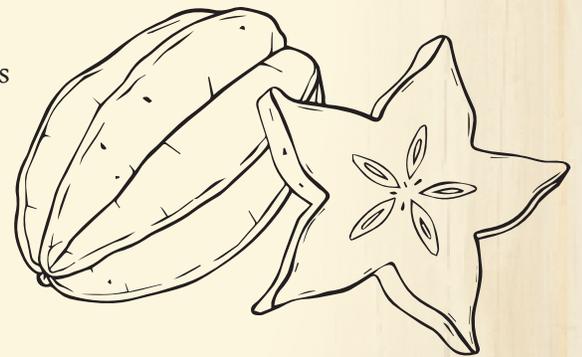
CANISTEL can be made into a rich milkshake, or “eggfruit nog,” by combining with milk, sugar, vanilla, and nutmeg. It has a sweet, mousse-like flesh.

CARAMBOLA is cultivated both for food and as an ornamental plant. It is often mixed in salads.

CHERIMØYA is also known as the custard apple. The name originates from the Quechua word chirimuya, which means “cold seeds,” because it grows at high altitudes.

DRAGON FRUIT is native to the Americas. It is also known as the strawberry pear.

GUAVA leaves have anti-inflammatory and anti-bacterial properties. In El Salvador, hair combs are made out of guava shrub wood.



JABOTICABA is cauliflory, meaning that its fruits grow directly out of its trunk. The best way to eat it is by breaking a hole in the skin with your teeth and sucking out the white flesh.

The **JACKFRUIT** is recognized as the largest tree fruit. Jackwood is known for its termite- and fungus-resistant properties, which makes it ideal for making furniture and houses.



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LONGAN means “dragon eye” in Cantonese; it resembles an eyeball when shelled. The fruit is very popular in Asia, especially Thailand.

LYCHEE is also known as “Chinese strawberry” because of its place of origin and its appearance. Lychee seeds are toxic.

While **MAMEY SAPOTE** can be eaten raw, it can also be turned into jam or wine. In Cuba, the fruit is used in shakes and ice cream.

A **MANGO** tree can grow as tall as 100 feet. The traditional Indian paisley pattern is based on the shape of a mango.

MANGOSTEEN is widely called “the Queen of Fruits.” It was illegal to import mangosteen to the US until 2007 for fear of introducing the Asian fruit fly.

PAPAYAS are native to Mexico. They’re a popular breakfast fruit in many countries.

The **RAMBUTAN** is closely related to the longan and lychee. Rambutan seed oil is used for cooking and to make candles and soap.

SAPODILLA has many health benefits, including stopping loss of blood. This fruit is related to the Mamey sapote and canistel.

A **SOURSOP** can weigh 10 to 15 pounds. The crushed seeds are used to kill parasites.

SURINAM CHERRY is native to South America and is now considered an invasive species in Florida. Because of its pretty leaves and fruit, which resemble small pumpkins, it’s also an ornamental plant.

Also known as a wax apple, **WAX JAMBU** are typically eaten fresh. The flowers are used as a remedy for fevers.

WHITE SAPOTE is a citrus relative.

