

Tropical Fruit

Descriptions and Information

Atemoya

- Manmade hybrid of cherimoya and sugar apple
- Season: August-October; November-January
- Size: 32 oz.
- Allow to ripen to room temperature until fruit is soft
- Flesh is creamy white with a pleasant, sweet flavor
- Best eaten fresh or may be refrigerated up to 1-3 days
- Nutrition: Very good source of calcium, phosphorus, iron and a good source of vitamin C
- Use: Fresh, desserts



Florida Avocado

Florida Avocado

- Native to Mexico and Central and South America
- Season: Late May-March
- Size: 2 1/2 to 14 inches long
- Allow to ripen at room temperature until soft
- Flesh is yellow-green to yellow; creamy with slightly nutty flavor
- Best eaten fresh or may be refrigerated 1-3 days
- Nutrition: Low fat, no cholesterol, good source of protein, potassium, iron, vitamin C and B
- Uses: Fresh, salads, guacamole, dips

Specialty Banana

- Native to Southeast Asia
- Season: all year long
- Size: 2 1/2 to 14 inches long
- Allow to ripen at room temperature until peel turns yellow and the fruit is slightly soft
- Pulp is off white and soft with a distinctive flavor
- Nutrition: Low sodium, good source of vitamin C, B6 and potassium
- Uses: Fresh, fruit salads, desserts



Specialty Banana



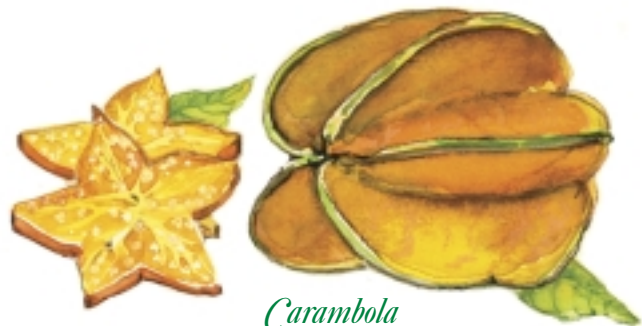
Canistel

Canistel

- Native to Central and northern South America
- Season: December-March
- Size: 3-5 inches in diameter
- Allow to ripen at room temperature until soft (3-10 days)
- Flesh is yellow to yellow orange, creamy and sweet
- Best eaten fresh or may be refrigerated 1-2 days
- Nutrition: Good source of vitamin A and niacin, fair source of vitamin C, calcium iron and phosphorus
- Uses: Fresh, ice cream, desserts

Carambola

- Native to Southeast Asia
- Season: June-March
- Size: 2-7 inches
- Allow fruit to ripen at room temperature until yellow color develops on inside of ribes (2-5 days)
- Flesh is yellow to golden yellow, crisp and sweet
- May be eaten fresh or refrigerated for 5-7 days in plastic bags
- Nutrition: good source of vitamin C and A, phosphorus and potassium
- Uses: Fresh, fruit salads, desserts, sauces, wine



Carambola

Coconut



Coconut

- Probably native to Indo-Pacific tropics
- Season: All year long
- Size: Round to oval, up to 15 inches long and 12 inches wide
- The fruit is picked ready to eat
- Flesh is soft to hard, white and sweet, coconut milk is sweet and pleasant
- Soft flesh is best eaten fresh, hard flesh can be dried and or may be refrigerated, coconut milk best used fresh
- Nutrition: some protein and small amounts of vitamin B and C, source of phosphorus, calcium and niacin
- Uses: Fresh, ice cream, desserts, cooking

Guava

- Native to tropical America
- Season: All year long (main seasons are August-October, February-March)
- Size: 1-5 inches in diameter
- Allow fruit to ripen at room temperature until peel color changes from light green to yellow
- Flesh color varies from white to pinkish red and is juicy, sweet to acid-tasting and flavorful
- Best eaten fresh or may be refrigerated 1-3 days
- Nutrition: Good source of vitamins B1, B6 and C, niacin and phosphorus
- Uses: Fresh jams, jellies, marmalade, desserts, pastries



Guava

Jackfruit



Jackfruit

- Native to southeast Asia
- Season: May-November
- Size: 10-20 inches in diameter, 9-65 pounds
- Allow fruit to ripen at room temperature until soft, flesh breaks off into small off-white to pinkish segments with a distinctive mild to strong pleasant flavor
- Best eaten fresh or may be refrigerated 1-5 days, frozen or dried for later use
- Nutrition: Good source of vitamins A and C, calcium, potassium and iron
- Uses: Fresh, baked, boiled, fried, soups, salads



Kumquat

Kumquat

- Native to China
- Season: October-February
- Size: 1-2 inches
- Allow to ripen at room temperature until fruit is orange colored
- Fruit are eaten whole (peel and pulp) and has a pleasant, sweet to tart flavor
- Best eaten fresh or may be refrigerated up to 7 days in plastic bags
- Nutrition: Good source of vitamins A and C, phosphorus and potassium
- Uses: Fresh, marmalade, jelly

Tabitian/Persian Lime

- Origin unknown
- Season: June-September (some all year)
- Size: 1 to 1 1/2 inches in diameter, 1 ounce
- This fruit is picked ready to eat
- Pulp is light green, juicy and has an excellent acid-tart flavor
- Best eaten fresh or may be refrigerated up to 7 days
- Nutrition: Good source of vitamin C, potassium and phosphorus
- Uses: Limeade, mixed drinks, desserts, popsicles



Tabitian/Persian Lime

Florida Key Lime

- Native to southern Asia
- Season: June-September, all year
- Size: 1 to 2 1/2 inches in diameter
- Pulp is light green to yellow, juicy and acid tasting
- Best used fresh or briefly refrigerated in plastic bag
- Nutrition: Good source of vitamin C and potassium
- Uses: Limeade, sauces, marinades, mixed drinks, pies



Florida Key Lime



Longan

- Native to southern China, Malay peninsula, Thailand
- Season: July-August
- Size: 1 to 1 1/2 inches in diameter
- This fruit is picked ready to eat
- Pulp is translucent, crisp, juicy and has a distinctive sweet flavor
- Best eaten fresh or may be refrigerated up to 7 days in plastic bags or frozen for later use
- Nutrition: Very good source of vitamin C
- Uses: Fresh, fruit salads, marinades, sauces

Lycbee

- Native to southern China
- Season: May-July
- Size: 1 to 1 3/4 inches in diameter, 1/2 to 1 oz
- This fruit is picked ready to eat
- Pulp is translucent, crisp, juicy and has a sweet, pleasant flavor
- Best eaten fresh or may be refrigerated up to 7 days or frozen whole for later use
- Nutrition: Good source of vitamin C
- Uses: Fresh, frozen fruit, fruit salads, marinades, sauces



Mango

- Native to India and southeast Asia
- Season: May-October
- Size: 3-10 inches
- Allow fruit to ripen at room temperature until soft
- Flesh is yellow to yellow orange, richly aromatic and juicy with a pleasant sweet flavor
- Best eaten fresh or may be refrigerated 1-3 days or freeze pulp for later use
- Nutrition: Good source of vitamins A, C
- Uses: Fresh, fruit salads, desserts, sauces, dried, juices, chutney

Monstera

- Native to Mexico
- Season: June-October
- Size: Cylindrical, 6-12 inches long
- Fruit ripens progressively toward the tip. Allow to ripen at room temperature (5-6 days) until plate-like scales fall off by themselves
- Pulp under scales is pale yellow, soft and sweet with a distinctive flavor
- Nutrition: Not specifically known
- Uses: Fresh, jellies, desserts



Monstera

Papaya

- Native to tropical America
- Season: All year
- Size: 4-14 inches long
- Allow to ripen at room temperature until soft
- Flesh is yellow to dark reddish-orange, aromatic and juicy with a pleasant, sweet flavor
- Best eaten fresh or may be refrigerated up to 7 days
- Nutrition: Good source of vitamins A and C and potassium
- Uses: Fresh, fruit salads, desserts, sauces



Papaya

Passion Fruit

- Native to the American tropics
- Season: June-December
- Size: 1 to 3 1/2 inches in diameter
- This fruit is picked ready to eat and may have a smooth or wrinkled peel
- The jelly-like pulp is yellowish-orange to orange, very aromatic with a distinctive flavor, seeds edible
- Best used fresh or may be refrigerated for 1-7 days in plastic bags
- Nutrition: Good source of vitamins A, C and some B
- Uses: Juice, sauces, jelly, desserts



Passion Fruit

Pummelo

- Native to southern Asia and Malay Archipelago
- Season: December-April
- Size: 5-12 inches in diameter, 2-5 lbs
- Allow to ripen at room temperature (5-14 days)
- Pulp may be colored white, pink, pale yellow or reddish, and has a sweet to acid flavor
- Pulp best eaten fresh or may be refrigerated 1-7 days in plastic bags
- Nutrition: Fair source of vitamins A and C, calcium and phosphorus
- Uses: Fresh, fruit salads, juice



Pummelo



Sapodilla

Sapodilla

- Native to Mexico and Central America
- Season: February-June
- Size: 2-6 inches in diameter
- Allow fruit to ripen at room temperature (5-9 days) until slightly soft
- Flesh is light to dark brown or reddish-brown, smooth to grainy, juicy with a sweet flavor
- Best eaten fresh or may be refrigerated 1-3 days
- Nutrition: Source of vitamin C, calcium and phosphorus
- Uses: Fresh, desserts

Black Sapote

- Native to Mexico and Central America
- Season: December-March
- Size: 2 3/4 to 4 3/4 inches in diameter
- Allow fruit to ripen at room temperature until very soft (2-6 days)
- Flesh is dark brown to almost black, soft, sweet and mild in flavor
- Best eaten fresh or may be refrigerated 1-2 days
- Nutrition: Good source of vitamin C, phosphorus, calcium and niacin
- Uses: Fresh, desserts



Black Sapote



Mamey Sapote

Mamey Sapote

- Native to Mexico and Central America
- Season: May-July (some all year)
- Size: 4-10 inches, 10 oz to 8 lbs
- Allow to ripen at room temperature until soft
- Flesh is reddish orange, smooth and sweet with a very distinctive flavor
- Best eaten fresh or may be refrigerated for 1-3 days or freeze pulp for later use
- Nutrition: Source of calcium, phosphorus, iron, potassium, vitamins A and C, thiamine, riboflavin and niacin
- Uses: Fresh, fruit salads, desserts, milk shakes, ice cream, chutney, dried

White Sapote

- Native to Mexico and Central America
- Season: May-August
- Size: 2 1/2 to 5 inches in diameter
- Allow fruit to ripen at room temperature
- Flesh is white to yellowish-white, creamy with a sweet flavor
- Best eaten fresh or may be refrigerated up to 7 days
- Nutrition: Source of vitamin C
- Uses: Fresh, fruit salads, milk shakes



White Sapote



Wax Jambu

Wax Jambu

- Native to the Malay Archipelago
- Season: April-June
- Size: 1 1/4 to 2 1/2 inches long
- This fruit is picked ready to eat
- Flesh is white to off-white, crisp, aromatic with a mild, delicate flavor
- Best eaten fresh or may be refrigerated up to 7 days
- Nutrition: Fair source of vitamin C and potassium
- Uses: Fresh, cooking