

# **Some Fruits of Jamaica (and other sufficiently warm locations)**

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Presented to Suncoast Tropical Fruit and Vegetable Club,  
Nokomis, Florida

Key words: Tropical Fruits, Exotic Fruits



# Where they Grow

- **Along Roadsides:** Many volunteers (not purposefully planted)
- **In Yards:** front, back and sides (purposefully planted)
- **On Farms and Plantations:** With the possible exceptions of ackee, banana and mangoes large farms and plantations of the other crops are uncommon

## The Future

- Supermarkets are now the most popular places to shop for food
- Some local fruits are rarely or never seen in supermarkets
- Apples, pears, grapes are often common place in supermarkets
- My assumption is that many tropical fruits will soon be “lost” to future generations

# *Ackee/Blighia sapida*



**Origin:** Ivory Coast and Gold Coast of West tropical Africa

# *Ackee/Blighia sapida*



- \*Produces well in South Florida
- \*Evergreen or Deciduous (low temps) and Messy.
- \*Immature and unopened fruit poisonous and does kill



Poisonous fruit



Non-Poisonous fruit



Fort Myers, Late Dec.



Fort Myers, Late Dec.

[More on Ackee](http://edis.ifas.ufl.edu/pdffiles/HS/HS37800.pdf)

<http://edis.ifas.ufl.edu/pdffiles/HS/HS37800.pdf>

Fruit is prepared and cooked

# Tropical Almond/*Terminalia catappa*



**Origin:** Madagascar and East Indies

# Tropical Almond/*Terminalia catappa*



\*Two common types of fruit colors

\*Eaten fresh off the tree

\* Large seed in center

\*Will grow in warmest areas of South Florida

\*Deciduous in winter

# Banana/*Musa acuminata*



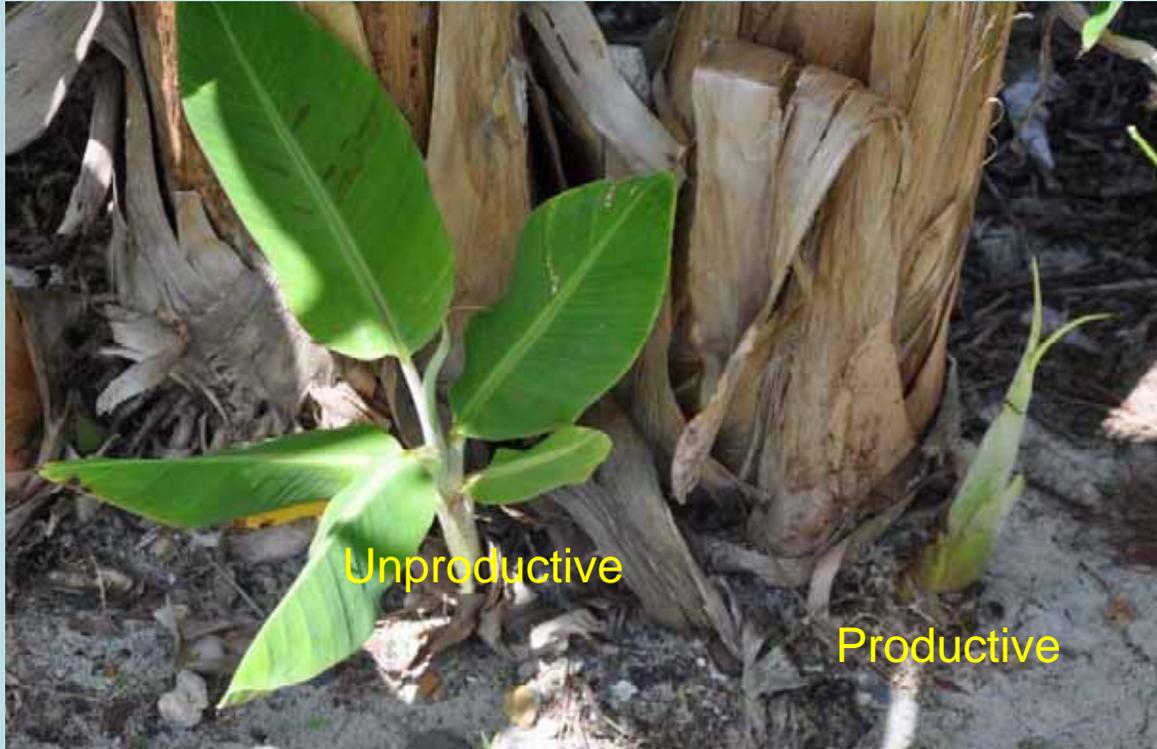
- Origin:** Southeast Asia and Pacific Islands  
\*Fruits in about 18 months in South Florida  
\*Tall and little used variety pictured above

# Banana/*Musa acuminata*



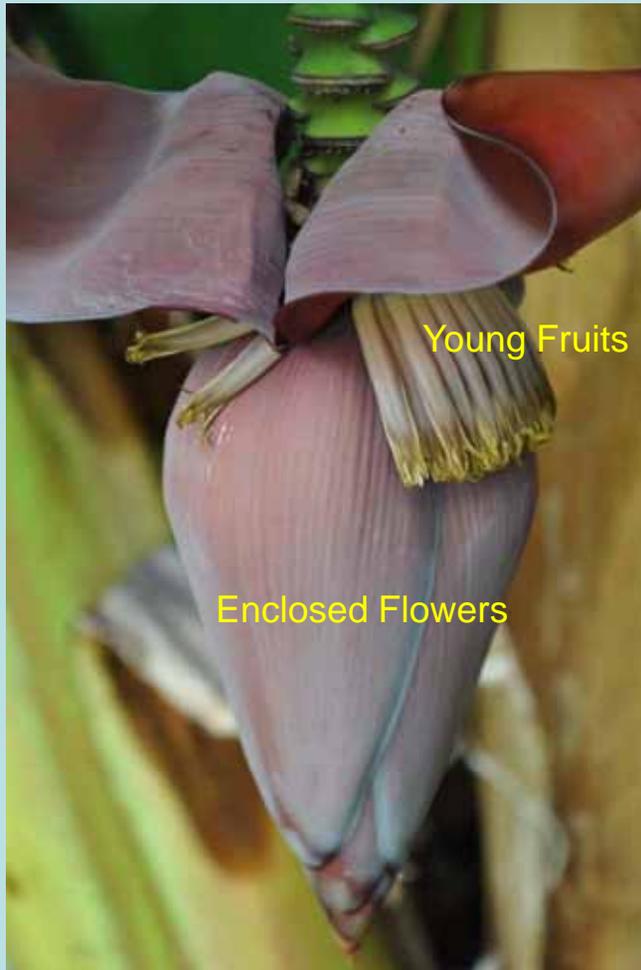
\*Shorter and tended cultivated type

# Banana/*Musa acuminata*



- There are 2 types of suckers
- Suckers mature to become stalks
- \* Not all stalks produce bananas
- \* Once a stalk fruits, it will not fruit again and is removed to bolster productivity of clump

# Banana/*Musa acuminata*



\*Eaten ripe or immature



\*Removing a hand from the bunch for cooking

[More on Banana  
http://edis.ifas.ufl.edu/mg040](http://edis.ifas.ufl.edu/mg040)

# Barbados Cherry, *Acerola/Malpighia glabra*



**Origin:** Tropical America including the Caribbean

# Barbados Cherry, *Acerola/Malpighia glabra*



Flowers and produces fruit all year

More on Barbados Cherry

<http://edis.ifas.ufl.edu/mg041>



# Bilimbi/Averrhoa bilimbi



**Origin:** Unknown      Closely related to Carambola      Produces a sour fruit



Cauliflorous flowers and fruit



Pinnate Leaves

# Breadfruit/*Artocarpus altilis*



**Origin:** Indonesia, Philippines, Papua New Guinea, and Pacific Islands

\*Never seen by this author on Florida peninsula

# Breadfruit/*Artocarpus altilis*



[http://lee.ifas.ufl.edu/Hort/Videos\\_and\\_Powerpoints/Jackfruit.pdf](http://lee.ifas.ufl.edu/Hort/Videos_and_Powerpoints/Jackfruit.pdf)

- \*Large distinctive leaves
- \*Large distinctive fruit
- \*Closely related to **Jackfruit**



\*Sheath with enclosed inflorescence and leaf



\*Sheath removed to expose emerging leaf and female inflorescence

Breadfruit trees reproduce from surface roots and not from seedless fruit

# Breadfruit Facts

- Latitude limit is approximately 17°N and south of the equator but the range extends to warm maritime climates including the Florida Keys
- Several seedless varieties introduced to Jamaica in the late 1700s
- Propagation is by root shoots, root cutting or air-layering
- Long-lived tree, 80 years and older
- Ready to harvest 3 months after flowering
- Harvest when green in color



# Breadfruit/*Artocarpus altilis*



- \*Fruit is eaten immature or ripe
- \*Prepared boiled, fried or roasted
- \*Placed on plate or mixed in soup

# Cashew/*Anacardium occidentale*

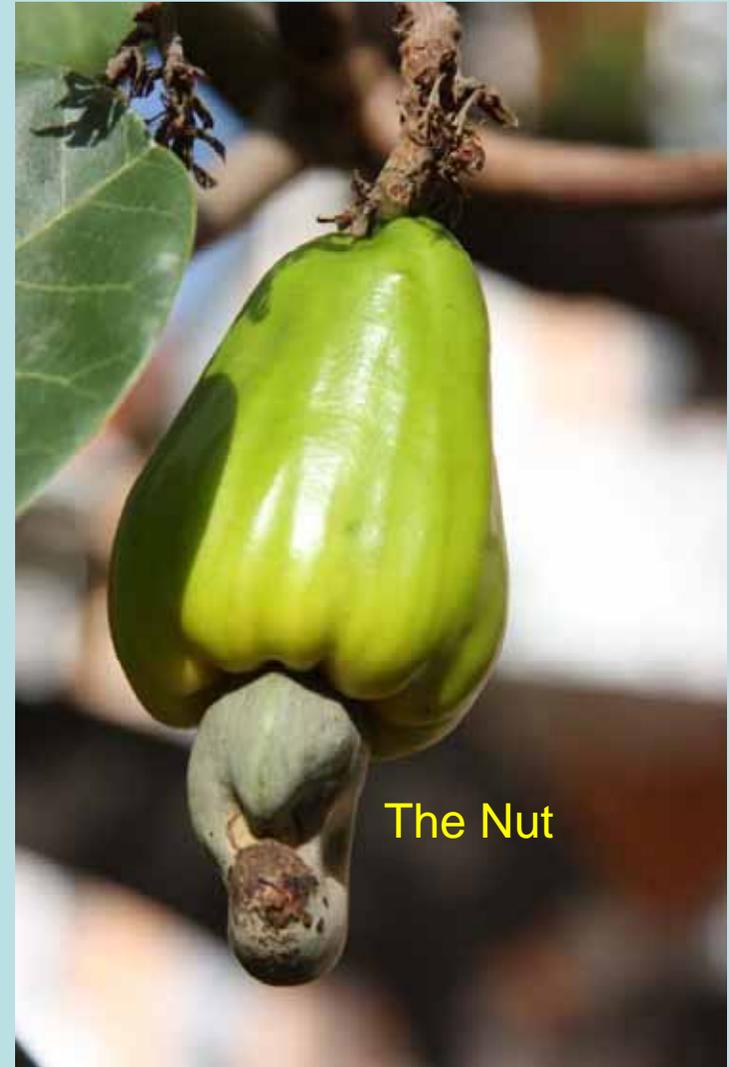


Fortaleza, Brazil

**Origin:** Northern South America, Brazil

\*Potentially an extremely large tree

# Cashew/*Anacardium occidentale*



The Nut

<http://edis.ifas.ufl.edu/hs377>

More on Cashew

# Cheramina, jimbling/*Phyllanthus acidus*



- \*Introduced to Jamaica from Timor in 1793
- \*Grows well in South Florida
- \*In general it resembles the Bilimbi tree

Pantropical distribution

# Cheramina, jimbling/*Phyllanthus acidus*



Antigua Late January



- \*Abundant flowers and abundant yields
- \*Made into juice, jam, jellies, stewed, liquor

# Genip, Spanish Lime/*Melicococcus bijugatus*



**Origin:** Caribbean, Northern and Western South America

# Genip, Spanish Lime/*Melicococcus bijugatus*



\*A large tree \*Male and female trees are required for fruiting

# Genip, Spanish Lime/*Melicococcus bijugatus*



\*Sold in bunches



- \*To eat, remove the upper portion of the skin with your teeth and suck the skinless fruit into your mouth
- \*Consume the pulp surrounding the seed
- \*Discard the seed

# Hogberry, Nance/*Byrsonima crassifolia*



**Origin:** Caribbean, Belize to Brazil, Peru and Paraguay

# Hogberry, Nance/*Byrsonima crassifolia*



Immature Fruit



- \*A fruit and also a flowering tree
- \*Flowers held in erect racemes
- \*Fruit with thick skin, juicy, oily pulp
- \*Eaten fresh, cooked or juiced

# Mango/*Mangifera indica*



**Origin:** Southern Asia

\*Readily hybridized thus perhaps thousands of varieties

\*Large trees with tremendous yields are common in the Tropics

# Mango/*Mangifera indica*



\*Fruit production is very dependent on winter temperatures in South Florida

\*Grows well in South Florida. High yields are dependent on cultivars

# Mango/*Mangifera indica*



<http://edis.ifas.ufl.edu/mg216>

East Indian

[More on Mango](#)

Common mango

# Naseberry, Sapodilla/*Manilkara zapota*



**Origin:** Mexico's Yucatan, Central America

# Naseberry, *Sapodilla/Manilkara zapota*



<http://edis.ifas.ufl.edu/mg057>



Fort Myers, Florida, Early March



Fort Myers, Florida, Early March

\*Yield varies from tree to tree in S. Florida

- High Drought Tolerance

- Slow Growing

- Shade

- Original source of chewing gum

More on Naseberry

# Otaheite Apple/*Syzygium malaccense*



**Origin:** Malaysia, Indonesia . Naturalized elsewhere in tropics

- Not seen in Florida
- Also known as Malay Apple
- High Drought Tolerance
- Dense Canopy
- Broad Triangular Shape

# Otaheite Apple/*Syzygium malaccense*



Large, simple, glossy leaves



\*Red, glossy fruit

\*Fresh taste

\*Would be ideal in salad mix

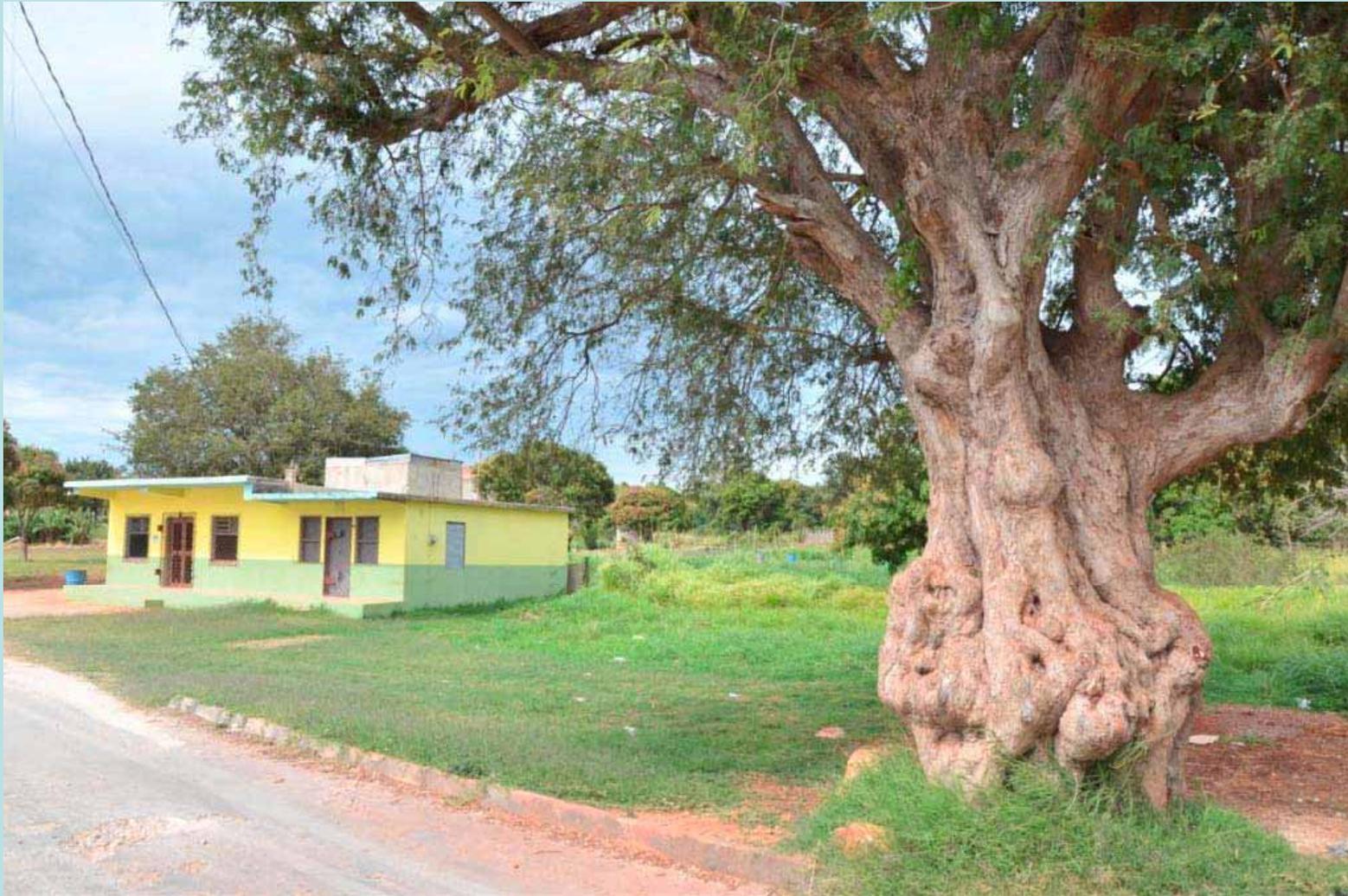
# Tamarind/*Tamarindus indica*



**Origin:** Tropical Africa, Madagascar

\*The only species in its genus

# Tamarind/*Tamarindus indica*



- \*Widely grown throughout the tropics
- \*Many old trees in the Caribbean
- \*Grows and produces well in South Florida (Zone 10A)

# Tamarind/*Tamarindus indica*



A young tree about 35 feet tall with young fruit

# Tamarind/*Tamarindus indica*



No two pods are alike



Abundant production. Good south Florida production

<http://edis.ifas.ufl.edu/st618>

[More on Tamarind](#)

# Tamarind/*Tamarindus indica*



Tamarind stew



Fort Myers, Florida

Made into beverage, candies, and more

# Hog Plum/*Spondias mombin*



**Origin:** Central America to Brazil and south to Paraguay  
Can you see the two boys on the tree?

# Hog Plum/*Spondias mombin*



\*Deciduous tree \*Begins fruiting before new leaves \*Widely cultivated

# Hog Plum/*Spondias mombin*



Eluthera Island, Bahamas

# Hog Plum/*Spondias mombin*



Pine Island, Florida, Early July

A progression of immature to mature fruit with a seed on the far right taken from an eaten fruit



Pine Island, Florida, Early July

Fruit change color as they ripen from green to yellow to red. Good South Florida production.

# Coolie Plum, Indian Jujube/*Ziziphus mauritiana*



**Origin:** South China, India, Myanmar, Indo-China

# Coolie Plum, Indian Jujube/*Ziziphus mauritiana*



# Coolie Plum, Indian Jujube/*Ziziphus mauritiana*



Simple, alternate, serrated leaves and thorny zig-zag stems

**Naturalized:** Australia, Caribbean, Northern S. America, Tropical Africa



A prolific producer  
Good South Florida production

# June Plum/*Spondias dulcis*



**Origin:** Melanesia through Polynesia

# June Plum/*Spondias dulcis*



\*Cultivated throughout the Tropics

\*Stick a branch in the ground and it will grow into a medium-sized tree



# June Plum/*Spondias dulcis*



\*Eaten fresh, juiced, or cooked green

\*Single large seed covered with harmless bristles

[More on \*Spondias\*](#)

<http://edis.ifas.ufl.edu/mg059>



# Star Apple/*Chrysophyllum cainito*



**Origin:** Caribbean, Central America

# Star Apple/*Chrysophyllum cainito*



- \*Widely cultivated in Tropics
- \*Fruits are commonly sold on roadsides
- \*Also used as a shade tree

# Star Apple/*Chrysophyllum cainito*



Top of leaves



Bottom of leaves

\*Related to **Satin Leaf** (*C. oliviforme*) a Florida native tree  
<http://edis.ifas.ufl.edu/st166>

# Star Apple/*Chrysophyllum cainito*



\*Astringent if not fully matured

\*Also a white flesh variety

\*Delicious!

More on Star Apple

<http://edis.ifas.ufl.edu/hs309>

# Soursop, Guanabana/*Annona muricata*



**Origin:** Caribbean

- \*Small tree about 20' tall
- \*Widely cultivated in Tropics
- \*Closely related to native pond apple, *A. glabra*
- \*The only Annona that lends itself to processing
- \*Ingredient in milkshake and ice cream
- \*Seasonal production in Florida, year-round in Tropics

# Soursop, Guanabana/*Annona muricata*



Usually fair to poor production in southwest Florida

# Soursop, Guanabana/*Annona muricata*



Fort Myers, Late May

Ripe fruit peeled by hand



Mixed with water and sweetened with condensed milk it is ready to drink

More on Atemoya

<http://edis.ifas.ufl.edu/mg332>

# Sweetsop, Sugar Apple / *Annona squamosa*



**Origin:** Tropical America including the Caribbean. Naturalized all over the tropics.

# Sweetsop, Sugar Apple / *Annona squamosa*



Flowers



Fruit, Fort Myers, mid August



A compound fruit that is eaten fresh out of hand. You will need to spit out the many seeds.

# Stinking Toe/*Hymenaca courbaril*



**Origin:** Bahamas, Caribbean, Central Mexico to Venezuela, Brazil and Peru

# Stinking Toe/*Hymenaca courbaril*



Puerto Rico



Puerto Rico

2-lobed leaves



Puerto Rico

A large tree

# Stinking Toe/*Hymenaca courbaril*



Heavy, rocky, indehiscent fruit

- \*Rarely seen
- \*Rarely eaten
- \*Hard outer shell
- \*Powdery texture
- \*Develop clammy mouth when eaten
- \*Eaten as a candy
- \*Somewhat foul smelling

# Susumba/*Solanum torvum*



A shrub



**Origin:** Bahamas, Caribbean, Southern Mexico, Central America to Brazil and Ecuador

# Susumba/*Solanum torvum*



- \*Related to the tomato which is of Central and South American origin
- \*Tomato plants can be grafted unto its rootstock
- \*Weedy, common on roadsides
- \*Bitter taste

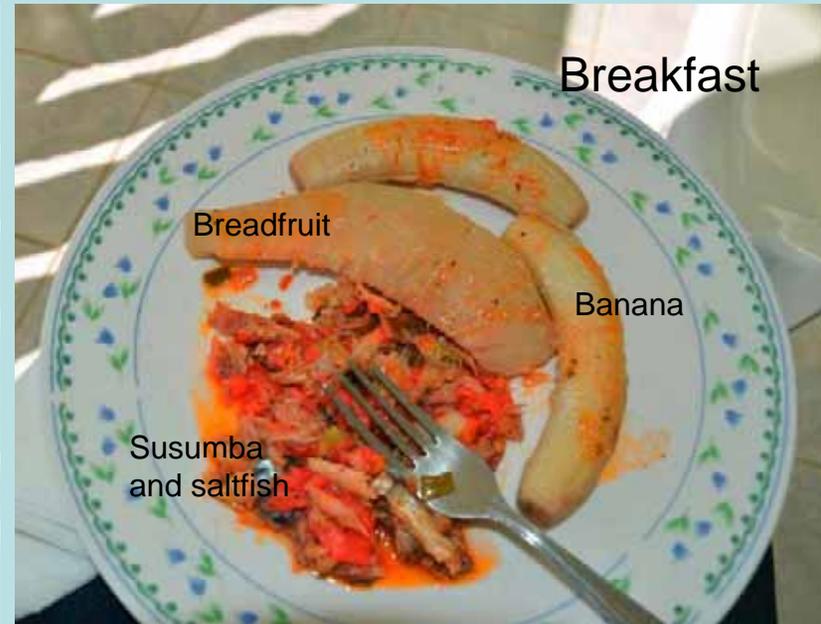
Keep it out of Florida as it probably would be invasive

**Can you name these two fruit trees?**



Answers on the last slide

# How to Prepare, How to Eat



Bami preparation. Bami is made from cassava, *Manihot utilisima*



# Breakfast Served. Bon Appétit!



Pot water sometimes drank warm or at room temperature

# Stephen H. Brown is the Horticulture Extension Agent with Lee County Extension located in southwest Florida.



\*All pictures taken in Jamaica except where indicated

\*All pictures taken by Stephen H. Brown

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<http://lee.ifas.ufl.edu/Hort/GardenHome.shtml>  
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# Useful Links

- \* Jaboticaba Fact Sheet <http://lee.ifas.ufl.edu/Hort/GardenPubsAZ/Jaboticaba.pdf>
- \* Longan Fact Sheet <http://edis.ifas.ufl.edu/mg049>
- \* Lychee Fact Sheet <http://edis.ifas.ufl.edu/mg051>
- \* FruitScapes Videos and Blog <http://fruitscapes.blogspot.com/>
  
- \* Lignum-Vitae Fact Sheet
- \* Kapok, Cotton Tree Fact Sheet
- \* Jacaranda Fact Sheet
  
- \* Native Plants Fact Sheets
- \* Flowering Trees Fact Sheets
- \* Hedges and Screen Fact Sheet
- \* Annuals and Color Plants Fact Sheet
- \* Small Trees Fact Sheet

Answers: Breadfruit tree on the left and Naseberry tree on the right



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