

# FAIRCHILD TROPICAL BOTANIC GARDEN

## Mamey sapote (*Pouteria sapota*)

By Noris Ledesma  
Curator of Tropical Fruit

Mamey sapote is native to the seasonally dry forests of Mexico and Central America. In its natural state, mamey sapote forms a tall, stately tree with large spreading canopy. The fruit are borne directly on the thick twigs and branches of the canopy and have an oval or football shape. The fruit are brown in color, and its flesh is red to salmon in color. The peak mamey sapote harvest in Florida is during the spring and summer. When purchasing mamey sapote, make sure that its skin is free of blemishes and that it is firm and mature. Maturity is best determined by nicking the thick skin with your fingernail. A mature mamey sapote should have a red or pink flesh color. If the flesh color is green, the mamey sapote is not mature. To ripen them at your home you will need to leave them at room temperature until the fruit softens.

Although mamey sapote fruit can be eaten fresh, popular uses for it include adding it to fruit salads, desserts, milk shakes and other fruit drinks. Because of its interesting taste and texture, the mamey sapote fruit is rapidly gaining in popularity for cooking purposes. Additionally, mamey sapote is high in vitamins A and C as well as in potassium. It is also an excellent source of dietary fiber. One cup of mamey sapote contains approximately 135 calories.



### Mamey-Guava Jam

**6 Guavas**  
**3 mameys**  
**2 ½ cups of sugar**  
**1 package of low sugar type Sure-Jell**

Make a puree of three to six guavas and remove the seeds. Cut the mameys open and throw away the seeds. Mix them and heat it just until it boils. Pour the sugar into another pan and mix in one package of low sugar type Sure-Jell. Mix in one cup of water and one teaspoon of Fresh Fruit. Bring the whole mixture to a boil and add it to the pan with the hot fruit puree. Stir until well mixed. Bring this fruit to a boil and immediately put into sterile jars and cap.