

# ***Pepe's Specialty Plants and Tropical Fruit Trees***

***954-740-4070***

## **Mamey Sapote**

**Description:** Mamey, known as Mamey Sapote, is a valuable and popular fruit grown in Florida and other tropical areas. The first recorded introduction into south Florida was during the late 1800s. Cuban-Americans and others from Central America helped establish the market for this fruit in the U.S.A

The Mamey grows into a large, open tree with a thick central trunk and a few large limbs. These trees may grow to a height of 40 feet in Florida and larger in the tropical rain forests.

The fruit is a large and is shaped much like a football; the length varies from 6-9 inches. The skin is thick and brown in color. The pulp of a ripe fruit is pinkish to red like the color of salmon. Mamey fruit has a soft smooth texture with a flavor that is sweet and quite unique.

The fruit can weigh from 1 to 6 pounds. The fruit usually contains one to four seeds that are large and dark with an elliptical shape.

**Availability:** This will vary depending on the variety and where it is grown. The main varieties grown in Florida are available January through April and June through September. This fruit was once found only in specialty Hispanic markets but is now so popular that even large mainstream supermarkets offer the frozen pulp. You can often find the Fruit fresh as well, in the produce section.

**Selection and Care:** The fruit can be harvested when the flesh begins to turn red, but for home use it should become completely reddish. If the fruit is not completely red when purchased, allow it to ripen a few days at room temperature. Ripe fruit stores well in the refrigerator at 50-55 degrees F.

**Nutrition:** Excellent source of fiber, Calcium, Phosphorous, Potassium and also Vitamins A and C.

**Uses:** Mamey is usually eaten in preparations where the fresh or frozen pulp is mixed with other ingredients to make milkshakes or ice cream. It also may be eaten fresh directly from the fruit by cutting it lengthwise and removing the seed

# Recipes:

## Mamey Fruit Cup

1 cup mamey slices 1/4 cup seedless green grapes  
1/4 cup wheat germ, chopped 2-3 bananas, sliced  
1 cup orange sections  
1 cup of vanilla yogurt

Combine all ingredients and chill. Serve in individual dessert cups enjoy a healthy delicious treat!

## Mamey Sapote Mousse

1 cup fresh mamey pulp 1/2 cup brown sugar  
1 teaspoon gelatin  
1teaspoon lemon juice  
A dash of salt  
2 tablespoons cold water 2 cups whipped topping  
3 tablespoons boiling water  
Frozen Mamey pulp can be used if you prefer.

Mash the fruit through sieve and remove any fiber. Soak gelatin in cold water then dissolve in the boiling water. Add sugar and salt to fruit pulp, then add gelatin. Chill until the mix thickens. Whip until light. Add whipped topping and fold into the mamey mixture. Freeze.

For Top Quality grafted fruit trees remember to call..... **Pepe's**

**[www.Pepesplants.weebly.com](http://www.Pepesplants.weebly.com)**

**954-740-4070**