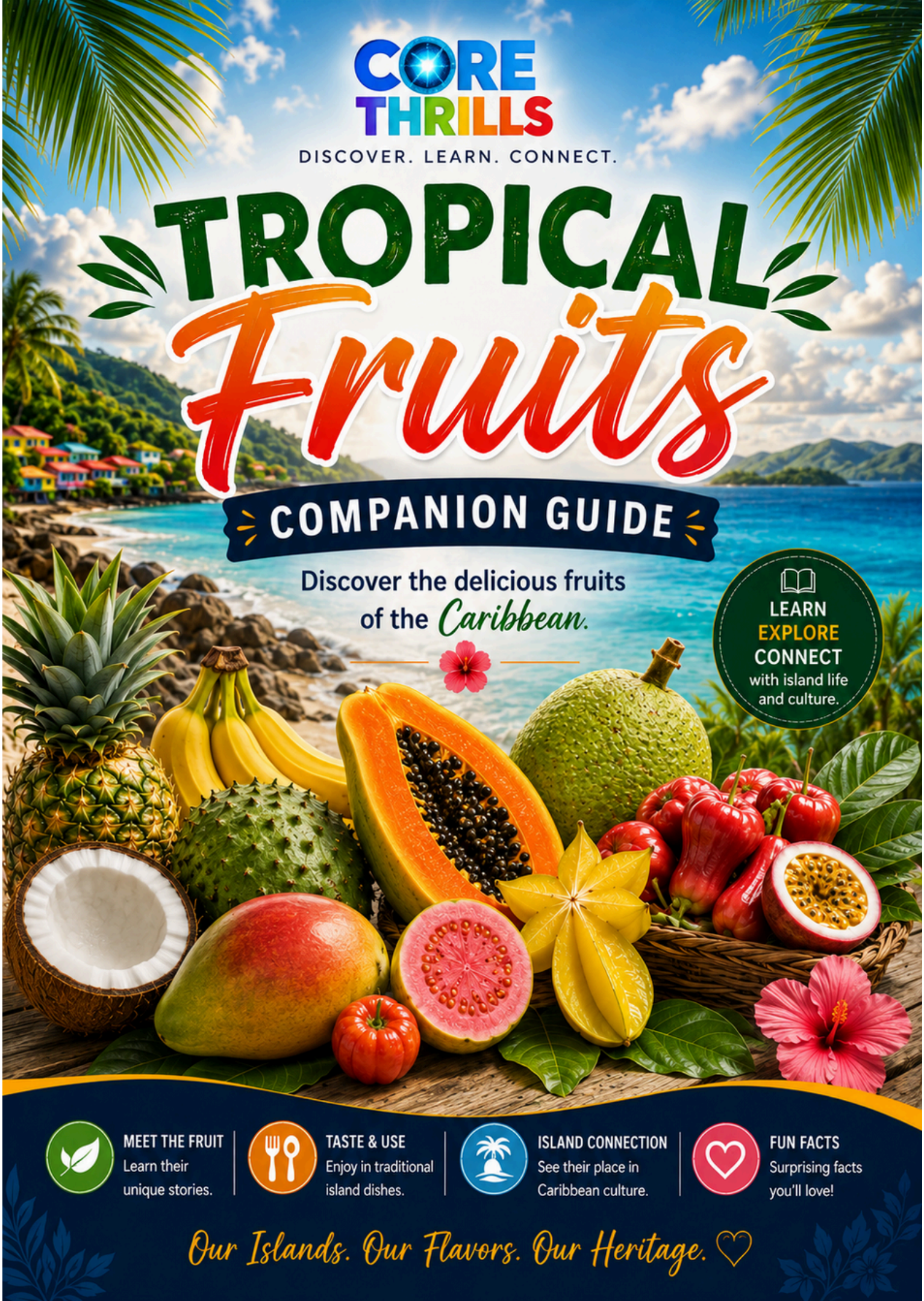

CORE THRILLS
DISCOVER. LEARN. CONNECT.
TROPICAL Fruits
COMPANION GUIDE
Discover the delicious fruits of the Caribbean.
LEARN
EXPLORE
CONNECT
with island life and culture.
MEET THE FRUIT
Learn their unique stories.
TASTE & USE
Enjoy in traditional island dishes.
ISLAND CONNECTION
See their place in Caribbean culture.
FUN FACTS
Surprising facts you'll love!
Our Islands. Our Flavors. Our Heritage.

CORE THRILLS

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LEARN.
CONNECT.

TROPICAL Fruits
COMPANION GUIDE

Welcome to the TROPICAL FRUITS of the Caribbean!



The Caribbean is a paradise of flavors, colors, and traditions. From sweet and juicy to tart and tangy, our islands are home to incredible fruits that nourish the body, bring people together, and connect us to our culture and heritage.

Let's explore them together!

IN THIS COMPANION, YOU WILL:

MEET THE FRUIT
Learn the stories behind 50 amazing tropical fruits.

TASTE & CULTURE
Discover how fruits are enjoyed in traditional island dishes and drinks.

ISLAND CONNECTION
See where they grow and how they are part of island life and traditions.

LOCAL NAMES
Explore the different names used across our Caribbean islands and beyond.

FUN FACTS
Find surprising facts that make each fruit unique and fascinating!



One Fruit, *Many* Names

Across the Caribbean, the same fruit can have many names. These names tell the story of our history, languages, and cultures. That's what makes our islands so special!



This guide is more than a list of fruits – it's a journey of discovery, culture, and connection.

Discover. Learn. Connect.

Let's celebrate the delicious gifts of our Caribbean!

GROWN WITH CARE
Many of these fruits are grown in our backyards and local farms.

SHARED WITH LOVE
Fruits bring families and communities together across generations.

PART OF OUR WORLD
They connect us to nature, the land, and the wider world.

ROOTED IN CULTURE
They are part of our traditions, celebrations, and everyday life.

YOURS TO EXPLORE
Turn the page and let's begin this fruit-filled adventure!

Our Islands. Our Flavors. Our Heritage. ♡

CORE THRILLS

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TROPICAL FRUITS COMPANION GUIDE

FRUIT 1

PINEAPPLE

The Sweet Crown of the Caribbean



Golden, juicy, and full of flavor, pineapple is one of the Caribbean's most loved fruits. It grows in our warm sunshine and brings a touch of sweetness to our tables, our traditions, and our memories.

MEET THE FRUIT

Pineapple has a tough, spiky outside but sweet, juicy flesh on the inside. It has a bright yellow color and a refreshing taste that is loved by many.

TASTE & TEXTURE

Sweet, juicy, and a little tangy with a refreshing tropical flavor. The texture is firm yet juicy and becomes even sweeter when fully ripe.

Perfect on its own or in dishes, drinks, and desserts!

WHERE IT GROWS

Pineapples grow in warm, tropical climates. In the Caribbean, they thrive in sunny areas with plenty of rain and well-drained soil.

KNOWN AS

One fruit, many names!

- English: Pineapple
- Spanish: Piña
- French: Ananas
- Dutch: Ananas

ISLAND CONNECTION

Pineapple is used in many Caribbean dishes, desserts, and drinks. It is also a symbol of hospitality and welcome in many of our islands.

It brings people together!

DID YOU KNOW?

- Pineapples take about 18–24 months to grow.
- The top (crown) can be planted to grow a new pineapple!
- Pineapples were once a symbol of luxury and were called the "King of Fruits."

LOCAL NAMES ACROSS THE CARIBBEAN

JAMAICA Pine	**TRINIDAD & TOBAGO** Pine	**BARBADOS** Pine
HAITI Penye	**DOMINICAN REPUBLIC** Piña	**CUBA** Piña
GRENADA Pineapple	**ST. LUCIA** Pine	**AND MANY MORE ISLANDS!**

♡ *Our Islands. Our Flavors. Our Heritage.* ♡

CORE THRILLS

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TROPICAL FRUITS COMPANION GUIDE

FRUIT 2

MANGO

The King of Caribbean Fruits

Sweet, juicy, and bursting with tropical flavor, mango is a true Caribbean classic. This golden fruit brings sunshine to our tables, our celebrations, and our childhood memories.



MEET THE FRUIT

Mangoes have smooth skin that can be green, yellow, orange, or red. Inside, the flesh is soft, juicy, and sweet with a large flat seed in the middle.

TASTE & TEXTURE

Mango is sweet, juicy, and rich with a tropical flavor. The texture is soft and smooth, making it perfect for eating fresh or in recipes.

Enjoy in smoothies, salads, sorbets, jams, and more!

WHERE IT GROWS

Mangoes grow in warm, tropical climates. In the Caribbean, they thrive in sunny areas with well-drained soil and plenty of love from the sun.

KNOWN AS

One fruit, many names!

- English: Mango
- Spanish: Mango
- French: Mangue
- Dutch: Mango

ISLAND CONNECTION

Mangoes are enjoyed in many Caribbean dishes and drinks like mango chow, juices, chutneys, and desserts. They are often shared during family gatherings and special celebrations.

A fruit that brings joy to every occasion!

DID YOU KNOW?

- There are hundreds of mango varieties worldwide!
- Mangoes are packed with Vitamin C and Vitamin A.
- In some Caribbean cultures, giving a mango is a sign of friendship and kindness.

LOCAL NAMES ACROSS THE CARIBBEAN

- **JAMAICA** Mango
- **HAITI** Mango
- **GRENADA** Mango
- **TRINIDAD & TOBAGO** Mango
- **DOMINICAN REPUBLIC** Mango
- **ST. LUCIA** Mango
- **BARBADOS** Mango
- **CUBA** Mango

AND MANY MORE ISLANDS!

GROWN WITH CARE
Many mangoes are grown in backyards and small local farms across the islands.

SHARED WITH LOVE
Mangoes bring families and communities together through food and tradition.

PART OF OUR WORLD
From Asia to the Caribbean, mangoes connect us through history and culture.

ROOTED IN CULTURE
A symbol of hospitality, generosity, and the sweet life in the Caribbean.

YOURS TO ENJOY
Enjoy mangoes fresh, frozen, dried, or blended in your favorites!

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CORE THRILLS

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TROPICAL FRUITS COMPANION GUIDE

FRUIT 3

PAPAYA

The Island's Golden Delight

Smooth, sweet, and bursting with tropical goodness, papaya is a Caribbean favorite. It nourishes the body, brightens our meals, and brings a taste of sunshine to everyday life.



MEET THE FRUIT

Papaya has a thin skin that turns from green to yellow or orange when ripe. Inside, the flesh is soft, smooth, and sweet, with lots of tiny black seeds in the middle.

TASTE & TEXTURE

Papaya is sweet, mild, and refreshing with a buttery texture. It can be enjoyed fresh, in smoothies, salads, or desserts.

A delicious treat that's as healthy as it is tasty!

WHERE IT GROWS

Papayas grow in warm, tropical climates. In the Caribbean, they thrive in sunny areas with rich soil and plenty of rain.

KNOWN AS

One fruit, many names!

- English: Papaya
- Spanish: Papaya
- French: Papaye
- Dutch: Papaja

ISLAND CONNECTION

Papaya is a staple in many Caribbean cuisines and is often served in fruit bowls, smoothies, and traditional breakfasts.

A fruit that brings island flavors to life!

DID YOU KNOW?

- Papaya is rich in Vitamin C, Vitamin A, and fiber.
- The seeds are edible and can aid digestion.
- Papaya trees can produce fruit year-round in the Caribbean!

LOCAL NAMES ACROSS THE CARIBBEAN

JAMAICA — Papaya	TRINIDAD & TOBAGO — Papaya	BARBADOS — Papaya
HAITI — Papaya	DOMINICAN REPUBLIC — Papaya	CUBA — Papaya
GRENADA — Papaya	ST. LUCIA — Papaya	AND MANY MORE ISLANDS!

GROWN WITH CARE
Papaya trees are cared for in our islands and local farms.

SHARED WITH LOVE
Papaya brings families and communities together through food and tradition.

PART OF OUR WORLD
From the Caribbean to the world, papaya connects us through culture and nature.

ROOTED IN CULTURE
A symbol of health, hospitality, and the sweet life in the Caribbean.

YOURS TO ENJOY
Enjoy papaya fresh, blended, or in your favorite recipes!

CORE THRILLS

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TROPICAL FRUITS COMPANION GUIDE

FRUIT 4

GUAVA

A Tropical Treasure of the Caribbean



Fragrant, sweet, and full of goodness, guava is a tropical fruit loved across the Caribbean. It grows in warm sunshine and brings a unique flavor that brightens our snacks, drinks, traditions, and memories.

MEET THE FRUIT

Guava has thin skin that can be green, yellow, or even pink. Inside, the flesh can be white, pink, or red, and is filled with many tiny edible seeds. It's sweet, fragrant, and full of tropical flavor.

TASTE & TEXTURE

Guava is sweet and slightly tangy, with a soft, juicy texture. It can be eaten fresh or used in juices, jams, smoothies, and desserts.

Perfect on its own or in your favorite treats!

WHERE IT GROWS

Guavas grow in warm, tropical climates. In the Caribbean, they thrive in sunny areas with rich soil and plenty of rain.

KNOWN AS

One fruit, many names!

- English: Guava
- Spanish: Guayaba
- French: Goyave
- Dutch: Guave

ISLAND CONNECTION

Guava is used in many Caribbean recipes like guava cheese, pastries, and tropical drinks. It's a fruit that brings people together and adds sweetness to every occasion.

A fruit that connects flavors and memories!

DID YOU KNOW?

- Guavas are rich in Vitamin C and antioxidants.
- The leaves are used in traditional teas and remedies.
- There are over 100 varieties of guava grown around the world.
- Guava trees can produce fruit several times a year!

LOCAL NAMES ACROSS THE CARIBBEAN

JAMAICA Guava	**TRINIDAD & TOBAGO** Guava	**BARBADOS** Guava
HAITI Gwayav	**DOMINICAN REPUBLIC** Guayaba	**CUBA** Guayaba
GRENADA Guava	**ST. LUCIA** Guava	**AND MANY MORE ISLANDS!**

GROWN WITH CARE
Guava trees are cared for in our islands and local farms.

SHARED WITH LOVE
Guava brings families and communities together through food and tradition.

PART OF OUR WORLD
From the Caribbean to the world, guava connects us through culture and nature.

ROOTED IN CULTURE
A symbol of health, hospitality, and the sweet life in the Caribbean.

YOURS TO ENJOY
Enjoy guava fresh, in drinks, desserts, or in your favorite recipes!

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TROPICAL FRUITS COMPANION GUIDE

FRUIT 5

SOURSOP

The Creamy Delight of the Caribbean



Creamy, sweet, and refreshingly tropical, soursop is a Caribbean favorite with a taste unlike any other. It soothes the body, delights the senses, and brings a touch of island magic to our lives.

MEET THE FRUIT

Soursop has a soft, spiky green skin. Inside, the flesh is white, creamy, and juicy, with small black seeds. It has a sweet and slightly tangy flavor that's loved by many.

TASTE & TEXTURE

Soursop is sweet, creamy, and slightly tangy, with a flavor that reminds many people of a mix of pineapple and strawberry. The texture is soft, smooth, and melts in your mouth.

Perfect in shakes, ice cream, juices, and desserts!

WHERE IT GROWS

Soursop grows in warm, tropical climates. In the Caribbean, it thrives in sunny areas with rich soil and plenty of rain.

KNOWN AS

One fruit, many names!

- English: Soursop
- Spanish: Guanábana
- French: Corossol
- Dutch: Zuurzak

ISLAND CONNECTION

Soursop is used in many Caribbean recipes, drinks, and natural remedies. It's enjoyed as juice, tea, sorbet, and more—bringing comfort and flavor to island life.

A fruit that connects traditions and generations!

DID YOU KNOW?

- Soursop is rich in Vitamin C, Vitamin B, and antioxidants.
- The leaves are used in teas and traditional remedies.
- The soursop tree is evergreen and can grow up to 20 meters tall.
- Soursop has been enjoyed in the Caribbean for generations!

LOCAL NAMES ACROSS THE CARIBBEAN

JAMAICA Soursop	**TRINIDAD & TOBAGO** Soursop	**BARBADOS** Soursop
HAITI Corossol	**DOMINICAN REPUBLIC** Guanábana	**CUBA** Guanábana
GRENADA Soursop	**ST. LUCIA** Soursop	**AND MANY MORE ISLANDS!**

GROWN WITH CARE
Soursop trees are cared for in our islands and local farms.

SHARED WITH LOVE
Soursop brings families and communities together through food and tradition.

PART OF OUR WORLD
From the Caribbean to the world, soursop connects us through culture and nature.

ROOTED IN CULTURE
A symbol of health, wellness, and the sweet life in the Caribbean.

YOURS TO ENJOY
Enjoy soursop fresh, in drinks, desserts, or in your favorite recipes!

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CORE THRILLS

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TROPICAL FRUITS COMPANION GUIDE

FRUIT 6

JACKFRUIT

The Giant of the Caribbean

Large, sweet, and incredibly versatile, jackfruit is a true Caribbean treasure. From savory dishes to sweet treats, it brings families together and fills our kitchens with island flavor.



MEET THE FRUIT

Jackfruit is the largest tree fruit in the world! It has a spiky green skin and grows very big—sometimes over 20 pounds. Inside, the flesh comes in golden pods that are sweet, juicy, and full of flavor. It's a fruit you can't miss!

TASTE & TEXTURE

Jackfruit is sweet with a mild, honey-like flavor and a fruity aroma. The texture can be soft and juicy when ripe, or firm and meaty when unripe—perfect for savory dishes too!

Enjoy it fresh, cooked, baked, or in desserts!

WHERE IT GROWS

Jackfruit grows in warm, tropical climates. In the Caribbean, it thrives in sunny areas with rich soil and plenty of rain.

KNOWN AS

One fruit, many names!

- English: Jackfruit
- Spanish: Jaca
- French: Jacquier
- Dutch: Jackfruit

ISLAND CONNECTION

Jackfruit is used in many Caribbean dishes such as "jackfish" (salty cod with jackfruit), curries, stews, and even sweet desserts. It feeds families, brings people together, and keeps traditions alive.

A fruit that unites generations!

DID YOU KNOW?

- Jackfruit can weigh up to 100 pounds!
- It can have up to 500 edible pods inside.
- Unripe jackfruit is often used as a meat substitute.
- Jackfruit trees can live for more than 50 years.

LOCAL NAMES ACROSS THE CARIBBEAN

JAMAICA Jackfruit	**TRINIDAD & TOBAGO** Jackfruit	**BARBADOS** Jackfruit
HAITI Jackfruit	**DOMINICAN REPUBLIC** Jaca	**CUBA** Jaca
GRENADA Jackfruit	**ST. LUCIA** Jackfruit	**AND MANY MORE ISLANDS!**

GROWN WITH CARE
Jackfruit trees are cared for in our islands and local farms.

SHARED WITH LOVE
Jackfruit brings families and communities together through food and tradition.

PART OF OUR WORLD
From the Caribbean to the world, jackfruit connects us through culture and nature.

ROOTED IN CULTURE
A symbol of abundance, hospitality, and the sweet life in the Caribbean.

YOURS TO ENJOY
Enjoy jackfruit fresh, in drinks, desserts, or in your favorite recipes!

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CORE THRILLS

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TROPICAL FRUITS COMPANION GUIDE

FRUIT 7

BREADFRUIT

The Heart of Caribbean Heritage

Nourishing, versatile, and deeply rooted in our culture, breadfruit has been a staple across the Caribbean for generations. From roasted to fried, boiled to baked, it feeds families and keeps traditions alive.



MEET THE FRUIT

Breadfruit has a green, bumpy skin. Inside, the flesh is white or creamy and starchy, with a soft texture when cooked. It has a mild, slightly nutty flavor that pairs well with both sweet and savory dishes.

TASTE & TEXTURE

Breadfruit is mild, hearty, and satisfying. When cooked, it becomes soft and creamy on the inside with a texture similar to potatoes or freshly baked bread.

Enjoy it roasted, fried, boiled, or in tasty recipes!

WHERE IT GROWS

Breadfruit grows in warm, tropical climates. In the Caribbean, it thrives in sunny areas with rich soil and plenty of rain.

KNOWN AS

One fruit, many names!

- English: Breadfruit
- Spanish: Fruta de pan
- French: Fruit à pain
- Dutch: Broodvrucht

ISLAND CONNECTION

Breadfruit is a true part of Caribbean life. It's used in celebrations, Sunday dinners, and everyday meals. It brings people together and is passed down through generations.

A fruit that connects our people and our stories!

DID YOU KNOW?

- Breadfruit is high in fiber, vitamins, and potassium.
- It can be cooked in many ways—over 100 different recipes!
- Breadfruit trees can live for more than 50 years.
- It was so important that Captain Cook brought it around the world to feed his crews.

LOCAL NAMES ACROSS THE CARIBBEAN

JAMAICA — Breadfruit	TRINIDAD & TOBAGO — Breadfruit	BARBADOS — Breadfruit
HAITI — Fruit à pain	DOMINICAN REPUBLIC — Fruta de pan	CUBA — Fruta de pan
GRENADA — Breadfruit	ST. LUCIA — Breadfruit	AND MANY MORE ISLANDS!

GROWN WITH CARE — Breadfruit trees are cared for in our islands and local farms.

SHARED WITH LOVE — Breadfruit brings families and communities together through food and tradition.

PART OF OUR WORLD — From the Caribbean to the world, breadfruit connects us through culture and nature.

ROOTED IN CULTURE — A symbol of heritage, resilience, and the strength of the Caribbean.

YOURS TO ENJOY — Enjoy breadfruit fresh, in drinks, dishes, or in your favorite recipes!

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CORE THRILLS

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TROPICAL FRUITS COMPANION GUIDE

FRUIT 8

STARFRUIT

The Star of Caribbean Gardens



Crisp, juicy, and beautifully unique, starfruit is a Caribbean gem that shines in every way. Its sweet-tart flavor and stunning star shape make it a favorite for fresh eats, drinks, and island creations.

MEET THE FRUIT

Starfruit is oval with five ridges that form a star shape when sliced. The skin is thin, smooth, and waxy—yellow when ripe. The flesh is crisp, juicy, and ranges from sweet to slightly tart with a refreshing taste.

TASTE & TEXTURE

Starfruit is crisp, juicy, and refreshing with a sweet-tart flavor. It has a light, watery texture—perfect for cooling down on hot days. Enjoy it fresh, in juices, salads, or as a beautiful garnish!

A tropical treat that's as pretty as it is delicious!

WHERE IT GROWS

Starfruit grows in warm, tropical climates. In the Caribbean, it thrives in sunny areas with rich soil and plenty of rain.

KNOWN AS

One fruit, many names!

- English: Starfruit
- Spanish: Carambola
- French: Carambole
- Dutch: Stervrucht

ISLAND CONNECTION

Starfruit is used in many Caribbean drinks, sauces, and desserts. It's a popular addition to fruit platters, breakfasts, and celebrations. Its bright shape brings a special touch to every island table.

A fruit that adds beauty and flavor to island life!

DID YOU KNOW?

- Starfruit is low in calories and packed with Vitamin C.
- The ridges help it float—perfect for fun fruit displays!
- It can help support hydration and digestion.
- Ripe starfruit is yellow and sweet; unripe fruit is more tart and firm.

LOCAL NAMES ACROSS THE CARIBBEAN

JAMAICA Starfruit	**TRINIDAD & TOBAGO** Starfruit	**BARBADOS** Starfruit
HAITI Carambole	**DOMINICAN REPUBLIC** Carambola	**CUBA** Carambola
GRENADA Starfruit	**ST. LUCIA** Starfruit	**AND MANY MORE ISLANDS!**

GROWN WITH CARE
Starfruit trees are nurtured for in our islands and local farms.

SHARED WITH LOVE
Starfruit brings families and communities together through food and tradition.

PART OF OUR WORLD
From the Caribbean to the world, starfruit connects us through culture and nature.

ROOTED IN CULTURE
A symbol of beauty, creativity, and the rich flavors of the Caribbean.

YOURS TO ENJOY
Enjoy starfruit fresh, in drinks, salads, or in your favorite recipes!

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CORE THRILLS

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TROPICAL FRUITS COMPANION GUIDE

FRUIT 9

PASSION FRUIT

The Jewel of Caribbean Flavor

Small in size but bursting with flavor, passion fruit is a tropical treasure loved across the Caribbean. Its aromatic, tangy-sweet pulp and satisfying crunch of seeds make every bite an unforgettable experience.



MEET THE FRUIT

Passion fruit has a tough, wrinkled skin that can be purple or yellow when ripe. Inside, you'll find juicy, aromatic pulp filled with tiny black seeds that are safe to eat and packed with flavor.



TASTE & TEXTURE

Passion fruit is tangy, sweet, and incredibly fragrant. The pulp is juicy and slightly tart with a delightful crunch from the seeds. It's both refreshing and energizing—perfect for warm island days!

Delicious in juices, smoothies, desserts, and more!



WHERE IT GROWS

Passion fruit grows in warm, tropical climates. In the Caribbean, it thrives in sunny areas with rich soil and plenty of rain.



KNOWN AS

One fruit, many names!

- English: Passion Fruit
- Spanish: Maracuyá
- French: Fruit de la passion
- Dutch: Passievrucht

ISLAND CONNECTION

Passion fruit is enjoyed in many Caribbean homes as a refreshing drink, a topping for desserts, or simply eaten fresh with a spoon.
It brings a taste of the islands to every table.

A little fruit that brings big island joy!



DID YOU KNOW?

- Passion fruit is rich in Vitamin A and Vitamin C.
- It helps support a healthy immune system and good digestion.
- The seeds are high in fiber and good for your heart.
- Passion flower is the national flower of Paraguay and is linked to peace and faith.

LOCAL NAMES ACROSS THE CARIBBEAN

- **JAMAICA** — Passion Fruit
- **HAITI** — Grenadya
- **GRENADA** — Passion Fruit
- **TRINIDAD & TOBAGO** — Passion Fruit
- **DOMINICAN REPUBLIC** — Maracuyá
- **ST. LUCIA** — Passion Fruit
- **BARBADOS** — Passion Fruit
- **CUBA** — Maracuyá

AND MANY MORE ISLANDS!

GROWN WITH CARE
Passion fruit vines are nurtured for in our islands and local farms.

SHARED WITH LOVE
Passion fruit brings families and communities together through food and tradition.

PART OF OUR WORLD
From the Caribbean to the world, passion fruit connects us through culture and nature.

ROOTED IN CULTURE
A symbol of joy, freshness, and the rich flavors of the Caribbean.

YOURS TO ENJOY
Enjoy passion fruit fresh, in drinks, desserts, or in your favorite recipes!

Our Islands. Our Flavors. Our Heritage.

CORE THRILLS

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TROPICAL FRUITS COMPANION GUIDE

FRUIT 10

COCONUT

The Tree of Life in the Caribbean



Refreshing, hydrating, and incredibly versatile, coconut is a true gift of the islands. From its cool water to its rich flesh, every part of the coconut is used, nourishing our bodies and supporting Caribbean life and traditions.

MEET THE FRUIT

Coconuts grow on tall palm trees and come in two main varieties: green when young and turning yellow or brown as they mature. Inside is clear, sweet water and soft, white flesh that is rich, creamy, and full of goodness.

TASTE & TEXTURE

Coconut water is naturally sweet, light, and refreshing. The flesh is soft and tender when young, and becomes thicker and richer as it matures. It has a mild, nutty-sweet taste and a creamy texture perfect for both sweet and savory dishes.

Hydrating, satisfying, and delicious in so many ways!

WHERE IT GROWS

Coconuts thrive in warm, tropical climates. In the Caribbean, they grow in sunny coastal areas with sandy soil and plenty of rain.

KNOWN AS

One fruit, many names!

- English: Coconut
- Spanish: Coco
- French: Noix de coco
- Dutch: Kokosnoot

ISLAND CONNECTION

Coconut is part of daily life in the Caribbean. Its water refreshes, its flesh nourishes, its oil heals, and its shell and leaves are used for tools, baskets, roofs, and so much more.

A true island treasure—nothing goes to waste!

DID YOU KNOW?

- Coconut water is nature's sports drink!
- Coconuts can take up to 12 months to mature.
- Every part of the coconut can be used.
- Coconuts can float across oceans and still grow!

LOCAL NAMES ACROSS THE CARIBBEAN

JAMAICA: Coconut	TRINIDAD & TOBAGO: Coconut	BARBADOS: Coconut
HAITI: Coco	DOMINICAN REPUBLIC: Coco	CUBA: Coco
GRENADA: Coconut	ST. LUCIA: Coconut	AND MANY MORE ISLANDS!

GROWN WITH CARE Coconut trees are nurtured for our islands and future generations.

SHARED WITH LOVE Coconut nourishes our families and communities through food, crafts, and traditions.

PART OF OUR WORLD From the Caribbean to the world, coconut connects us through nature and culture.

ROOTED IN CULTURE A symbol of life, sustainability, and the spirit of the Caribbean.

YOURS TO ENJOY Enjoy coconut in drinks, dishes, beauty, and island creations!

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CORE THRILLS

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TROPICAL FRUITS COMPANION GUIDE

FRUIT 11

TAMARIND

The Tangy Twist of the Caribbean



Sweet, sour, and full of character, tamarind is a Caribbean classic that adds bold flavor to drinks, snacks, and meals. This tropical pod is not only delicious but also packed with nutrients that have been valued for generations.

MEET THE FRUIT

Tamarind grows in long, brown pods with a hard shell. Inside, you'll find sticky, dark brown pulp that's sweet and sour with a unique, tangy taste. The pulp surrounds shiny seeds that can be removed before eating.

TASTE & TEXTURE

Tamarind pulp is sticky, soft, and tart with a sweet undertone. It has a rich, fruity flavor with a hint of citrus. It's perfect in beverages, sauces, candies, chutneys, and even savory Caribbean dishes.

Tart, sweet, and totally irresistible!

WHERE IT GROWS

Tamarind trees thrive in warm, tropical climates. In the Caribbean, they grow in sunny areas with well-drained soil and can live for many years, providing shade and tasty fruit.

KNOWN AS

One fruit, many names!

- English: Tamarind
- Spanish: Tamarindo
- French: Tamarin
- Dutch: Tamarinde

ISLAND CONNECTION

Tamarind is used across the Caribbean in drinks, sweets, sauces, and local remedies. It's a favorite for making tamarind balls, juice, and seasonings that bring a bold Caribbean twist.

A flavor that brings our culture to life!

DID YOU KNOW?

- Tamarind is high in vitamin C, antioxidants, and fiber.
- It can help with digestion and may support heart health.
- Tamarind was once used in traditional medicine for fever, colds, and stomach aches.
- The wood from tamarind trees is strong and used for furniture and tools.

LOCAL NAMES ACROSS THE CARIBBEAN

JAMAICA — Tamarind	TRINIDAD & TOBAGO — Tamarind	BARBADOS — Tamarind
HAITI — Tamarin	DOMINICAN REPUBLIC — Tamarindo	CUBA — Tamarindo
GRENADA — Tamarind	ST. LUCIA — Tamarind	AND MANY MORE ISLANDS!

GROWN WITH CARE
Tamarind trees are nurtured for their fruit, shade, and strong wood.

SHARED WITH LOVE
Tamarind brings families and communities together through food, drinks, and sweet traditions.

PART OF OUR WORLD
From the Caribbean to the world, tamarind connects us through culture and nature.

ROOTED IN CULTURE
A symbol of heritage, healing, and bold flavors that are uniquely Caribbean.

YOURS TO ENJOY
Enjoy tamarind in drinks, candies, sauces, and recipes—sweet, sour, and unforgettable!

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CORE THRILLS

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TROPICAL FRUITS COMPANION GUIDE

FRUIT 12

SUGAR APPLE (SWEETSOP)

Nature's Sweet Surprise from the Caribbean



Sugar apple, also known as sweetsop, is a cherished Caribbean fruit loved for its incredibly sweet, creamy taste and soft, custard-like texture. This tropical delight is a true taste of home, bringing joy, nourishment, and a little sweetness to everyday life.

MEET THE FRUIT

Sugar apples are round or heart-shaped with green, bumpy skin that's soft to the touch when ripe. Inside, you'll find creamy white segments filled with a sweet, custard-like flesh and shiny black seeds.
The riper it gets, the sweeter and softer it becomes!



TASTE & TEXTURE

Sugar apple has a rich, sweet flavor with hints of vanilla and tropical honey. The texture is soft, creamy, and custard-like—almost like ice cream! Enjoy it chilled for the ultimate refreshing treat.

Scoop it, chill it, and enjoy the sweetness!



WHERE IT GROWS

Sugar apple trees thrive in warm, tropical climates. In the Caribbean, they grow in sunny areas with well-drained soil and benefit from sea breezes and plenty of sunshine.



KNOWN AS

One fruit, many names!

- English: Sugar Apple / Sweetsop
- Spanish: Anona / Guanábana de azúcar
- French: Corossol doux
- Dutch: Suikerappel



ISLAND CONNECTION

Sugar apple is enjoyed across the Caribbean in homes, markets, and roadside fruit stands. It's often shared among family and friends, a sweet reminder of childhood snacks, village life, and the simple joys of island living.

A fruit that brings back memories and makes new ones.



DID YOU KNOW?

- Sugar apple is rich in Vitamin C, Vitamin B6, and antioxidants.
- It supports immunity, healthy skin, and overall wellness.
- The leaves, bark, and seeds have been used in traditional remedies.
- Best enjoyed fresh and chilled for maximum flavor!

LOCAL NAMES ACROSS THE CARIBBEAN

JAMAICA — Sugar Apple	TRINIDAD & TOBAGO — Sugar Apple	BARBADOS — Sugar Apple
HAITI — Corossol doux	DOMINICAN REPUBLIC — Anona	CUBA — Anona
GRENADA — Sugar Apple	ST. LUCIA — Sweetsop	AND MANY MORE ISLANDS!

GROWN WITH CARE
Sugar apple trees are nurtured for their fruit, shade, and ability to thrive in island environments.

SHARED WITH LOVE
Sugar apple brings families and communities together through sharing, food, and sweet traditions.

PART OF OUR WORLD
From the Caribbean to the world, sugar apple connects us through culture and nature.

ROOTED IN CULTURE
A symbol of childhood memories, hospitality, and the simple pleasures of island life.

YOURS TO ENJOY
Enjoy sugar apple fresh, chilled, and however you love it most!

♡ *Our Islands. Our Flavors. Our Heritage.* ♡

CORE THRILLS

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TROPICAL FRUITS COMPANION GUIDE

FRUIT 13

GOLDEN APPLE (JUNE PLUM)

A Golden Treasure of the Caribbean



Golden apple, also called June plum, is a beloved Caribbean fruit known for its juicy, sweet-tart flavor and refreshing crunch. This golden gem is perfect for eating fresh, making into drinks, or adding a burst of tropical goodness to your favorite recipes.

MEET THE FRUIT

Golden apples are small to medium, oval-shaped fruits with smooth, golden-yellow skin when ripe. Inside, the flesh is juicy, white to pale yellow, and surrounds a single large, fibrous pit. The flavor is a perfect balance of sweet and tart—like a mix of plum and apple—with a refreshing crunch in every bite.



TASTE & TEXTURE

Golden apple has a juicy, crisp texture with a sweet-tart flavor that's both refreshing and satisfying.

It's great for snacking fresh, chilling, or blending into juices, smoothies, and syrups.

The taste is similar to a mix of green apple and plum with a tropical twist.

Juicy, crunchy, sweet, and tart—simply irresistible!



WHERE IT GROWS

Golden apple trees thrive in warm, tropical climates. In the Caribbean, they grow in sunny areas with well-drained soil and can be found in home gardens, orchards, and along roadsides during the season.



KNOWN AS

One fruit, many names!

- English: Golden Apple / June Plum
- Spanish: Ciruela de Jamaica
- French: Pomme dorée (Prune de Cythère)
- Dutch: Gele Pruim



ISLAND CONNECTION

Golden apple is enjoyed across the Caribbean, especially during the summer months. It's a favorite street-side snack, a go-to fruit for homemade juices and jellies, and a treat that brings back memories of childhood and island life.

A simple fruit that connects us to our roots.



DID YOU KNOW?

- Golden apple is rich in Vitamin C and antioxidants.
- It helps boost the immune system and supports healthy skin.
- It may aid digestion and help keep you hydrated.
- The seed is not edible.
- Golden apple is best enjoyed fresh, well-chilled!





JAMAICA — June Plum	TRINIDAD & TOBAGO — June Plum	BARBADOS — June Plum
HAITI — Zaboka	DOMINICAN REPUBLIC — Ciruela de Jamaica	CUBA — Ciruela de Jamaica
GRENADA — June Plum	ST. LUCIA — June Plum	AND MANY MORE ISLANDS!

GROWN WITH CARE
Golden apple trees are nurtured for their sweet fruit, shade, and strong roots.

SHARED WITH LOVE
Golden apple brings families and communities together through snacks, drinks, and sweet traditions.

PART OF OUR WORLD
From the Caribbean to the world, golden apple connects us through culture and nature.

ROOTED IN CULTURE
A symbol of sunshine, simplicity, and the joys of island living.

YOURS TO ENJOY
Enjoy golden apple fresh, in drinks, or recipes—sweet, tart, and totally tropical!

♡ *Our Islands. Our Flavors. Our Heritage.* ♡

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TROPICAL FRUITS COMPANION GUIDE

FRUIT 14

ACKEE

Jamaica's National Fruit, a Taste of the Caribbean



Ackee is a tropical fruit with a rich, buttery texture and mild, slightly nutty flavor. It's a true Caribbean favorite—most famously enjoyed in Jamaica as part of the national dish, ackee and saltfish. When ripe, the pod opens to reveal golden-yellow arils and shiny black seeds. It's best enjoyed cooked and is a delicious way to celebrate island heritage and tradition.

MEET THE FRUIT

Ackee grows in clusters on tall trees and comes in a heart-shaped pod that turns from green to red, yellow, or orange as it ripens. When the pod opens naturally, it reveals soft, yellow arils surrounding large, shiny black seeds.



Ackee must be fully ripe and cooked before eating.

TASTE & TEXTURE

Ackee has a creamy, buttery texture and a mild, slightly nutty flavor that pairs perfectly with salty or savory ingredients. It's soft and delicate when cooked—similar to scrambled eggs in texture.



Perfect in traditional dishes or creative recipes!

WHERE IT GROWS

Ackee trees thrive in warm, tropical climates. In the Caribbean, they grow in yards, orchards, and gardens with plenty of sunshine, rich soil, and good drainage. It's one of the most beloved fruits across the islands—especially in Jamaica.



KNOWN AS

One fruit, many names!

- English: Ackee
- Spanish: Akee
- French: Akee / Aké
- Dutch: Ackee



ISLAND CONNECTION

Ackee is Jamaica's national fruit and holds a special place in the hearts of its people. It's a symbol of heritage, culture, and pride—often enjoyed during family breakfasts and special celebrations.



A fruit that brings people together around the table.

DID YOU KNOW?

- Ackee is rich in protein, fiber, and healthy fats.
- It must be fully ripe and cooked—unripe ackee can be harmful.
- Ackee and saltfish is Jamaica's national dish!
- The ackee tree can live for over 100 years!
- Ackee is part of the same family as lychee and rambutan.



LOCAL NAMES ACROSS THE CARIBBEAN

JAMAICA — Ackee	TRINIDAD & TOBAGO — Ackee	BARBADOS — Ackee
HAITI — Akee	DOMINICAN REPUBLIC — Akee	CUBA — Akee
GRENADA — Ackee	ST. LUCIA — Ackee	AND MANY MORE ISLANDS!

GROWN WITH CARE
Ackee trees are nurtured for their sweet, buttery fruit and ability to thrive in tropical climates.

SHARED WITH LOVE
Ackee brings families and communities together through traditional meals, sharing, and celebrations.

PART OF OUR WORLD
From the Caribbean to the world, ackee connects us through culture and cuisine.

ROOTED IN CULTURE
A symbol of national pride, tradition, and the simple pleasures of island life.

YOURS TO ENJOY
Enjoy ackee in classic dishes, new recipes, and healthy ways!

♡ *Our Islands. Our Flavors. Our Heritage.* ♡

CORE THRILLS

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TROPICAL FRUITS COMPANION GUIDE

FRUIT 15

WEST INDIAN CHERRY
(ACEROLA / BARBADOS CHERRY)

Small Fruit, Big Flavor,
Pure Caribbean Goodness



The West Indian cherry, also known as acerola or Barbados cherry, is a tiny fruit with a big personality. It's bursting with sweet-tart flavor and is one of the richest natural sources of Vitamin C. This vibrant Caribbean treasure is perfect for juices, jams, smoothies, and treats that bring a taste of sunshine to every bite.

MEET THE FRUIT

West Indian cherry grows on small trees and produces round, cherry-like fruits that turn from green to bright red when ripe. Inside, the flesh is juicy and tender with a slightly tangy, tart-sweet taste. It's small in size but packed with vitamins and tropical flavor!



TASTE & TEXTURE

West Indian cherry has a juicy, soft texture and a perfect balance of sweet and tart flavors. It's refreshing on its own and is amazing in juices, smoothies, sorbets, jellies, and sauces. Its bright, tangy taste adds a burst of sunshine to both sweet and savory recipes!

Tiny fruit, bold taste, endless possibilities!



WHERE IT GROWS

West Indian cherry trees thrive in warm, tropical climates. In the Caribbean, they grow in home gardens, farms, and orchards with plenty of sunshine, rich soil, and good drainage. You'll find them across many islands year-round.



KNOWN AS

One fruit, many names!

- English: West Indian Cherry (Acerola / Barbados Cherry)
- Spanish: Cereza de Barbados (Acerola)
- French: Cerise des Antilles (Acérola)
- Dutch: Barbados Kers (Acerola)



ISLAND CONNECTION

West Indian cherry is enjoyed throughout the Caribbean and is often used in homemade juices, refreshing drinks, jams, and traditional remedies. It's a favorite for families who love its flavor and health benefits.

A little fruit that brings us together!



DID YOU KNOW?

- West Indian cherry is one of the richest natural sources of Vitamin C—even more than oranges!
- It supports the immune system and helps keep your skin healthy.
- It may help reduce inflammation and support heart health.
- The fruit is small, but the benefits are huge!
- It's great for boosting energy naturally.



LOCAL NAMES ACROSS THE CARIBBEAN

- **JAMAICA** — Acerola / Barbados Cherry
- **HAITI** — Acerola / Barbados Cherry
- **GRENADA** — Acerola / Barbados Cherry
- **TRINIDAD & TOBAGO** — Acerola / Barbados Cherry
- **DOMINICAN REPUBLIC** — Acerola / Barbados Cherry
- **ST. LUCIA** — Acerola / Barbados Cherry
- **BARBADOS** — Acerola / Barbados Cherry
- **CUBA** — Acerola / Barbados Cherry

AND MANY MORE ISLANDS!

GROWN WITH CARE
West Indian cherry trees are nurtured for their delicious fruit, natural vitamins, and beauty.

SHARED WITH LOVE
This fruit brings families and communities together through juices, jams, and good times.

PART OF OUR WORLD
From the Caribbean to the world, west Indian cherry connects us through culture and nature.

ROOTED IN CULTURE
A symbol of health, vitality, and the simple joys of island life.

YOURS TO ENJOY
Enjoy west Indian cherry fresh, in drinks, or in treats—healthy, tasty, and full of sunshine!

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CORE THRILLS

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TROPICAL FRUITS COMPANION GUIDE

FRUIT 16

GUINEP

(SPANISH LIME / MAMONCILLO)

Tiny on the Outside, Amazing on the Inside



Guinep, also called Spanish lime or mamoncillo, is a small tropical fruit with a thin green skin and sweet, juicy flesh. It has a perfect balance of sweet and tangy flavor that's loved across the Caribbean. It's a refreshing treat that brings back memories of sunny days, backyard trees, and simple island pleasures.

MEET THE FRUIT

Guinep grows in clusters on large **evergreen trees.** The fruit is **round, green when unripe, and turns green** with a yellow or **orange tint** when ripe. Inside, the flesh is soft, juicy, **sweet, and slightly tangy, surrounding a single seed.** It's small in size but packed with flavor and tropical delight!



TASTE & TEXTURE

Guinep has a juicy, soft, and slightly fibrous texture that melts in your mouth. The flavor is a perfect balance of **sweet and tangy**—like a mix of **lychee and lime.** It's refreshing, thirst-quenching, and perfect for eating on a hot day. Enjoy it fresh, chilled, smoothies, and sorbets.

Sweet, tangy, juicy— a true island gem!



WHERE IT GROWS

Guinep trees thrive in warm, tropical climates. In the Caribbean, they grow in home gardens, orchards, and along roadsides. These hardy trees can adapt to many soil types and are often found in coastal areas and in lowland tropical regions.



KNOWN AS

One fruit, many names!

- English: Guinep / Spanish Lime
- Spanish: Quenepa / Limón Español
- French: Prune de Cythère
- Dutch: Spaanse Limoen (Mamoncillo)



ISLAND CONNECTION

Guinep is a favorite fruit across the Caribbean, especially during the summer season. Many families have guinep trees in their yards, and picking guinep together is a tradition that brings back sweet memories of childhood and togetherness.

A little fruit that connects us to our roots.



DID YOU KNOW?

- Guinep is rich in Vitamin C, fiber, and antioxidants.
- It helps boost the immune system and keeps you hydrated.
- The seed is not edible.
- In some places, the leaves are used in traditional herbal remedies.
- Guinep season is something many islanders look forward to every year!



LOCAL NAMES ACROSS THE CARIBBEAN

- JAMAICA — Guinep
- HAITI — Quenepa
- GRENADA — Guinep
- TRINIDAD & TOBAGO — Guinep
- DOMINICAN REPUBLIC — Guineo
- ST. LUCIA — Guinep
- BARBADOS — Guinep
- CUBA — Guayaba de Playa (Guineo)

AND MANY MORE ISLANDS!

GROWN WITH CARE
Guinep trees are natural and eco-friendly, providing shade, beauty, and delicious fruit for all to enjoy.

SHARED WITH LOVE
Guinep brings families and communities together through picking, sharing, juices, and sweet conversations.

PART OF OUR WORLD
From the Caribbean to the world, guinep connects us through culture and nature.

ROOTED IN CULTURE
A symbol of summer, vitality, and the simple joys of island life.

YOURS TO ENJOY
Enjoy guinep fresh, in drinks, desserts, or recipes—sweet, tangy, and totally Caribbean!

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TROPICAL
FRUITS
COMPANION GUIDE

FRUIT 17

SAPODILLA
(NASEBERRY)

Naturally Sweet, Uniquely Caribbean

Sapodilla, also called naseberry, is a tropical fruit with soft, grainy brown skin and rich, caramel-like flesh. Its naturally sweet flavor is easy to love, making it a favorite in homes across the Caribbean. It's enjoyed fresh, in shakes, desserts, and more—a true island treasure with comforting taste in every bite.



MEET THE FRUIT

Sapodilla grows on medium to large evergreen trees. The fruit is round or oval with a thin, brown, sandy skin that turns slightly softer when ripe. Inside, the flesh is soft, juicy, and grainy with a rich, sweet, malty flavor—similar to brown sugar and pear with a hint of caramel. It contains several shiny black seeds that are removed before eating.



TASTE & TEXTURE

Sapodilla has soft, grainy flesh that melts in your mouth. The flavor is **naturally sweet** with notes of **brown sugar, honey, and pear**—smooth and comforting. It's delicious enjoyed on its own or blended into shakes, smoothies, desserts, and more.

Sweet, smooth, and simply satisfying!



WHERE IT GROWS

Sapodilla trees thrive in warm, tropical climates. In the Caribbean, they grow in home gardens, orchards, and along roadsides. These hardy trees adapt well to many soil types and are often found in coastal areas and in lowland tropical regions.



KNOWN AS

One fruit, many names!

- English: Sapodilla / Naseberry
- Spanish: Níspero / Sapodilla
- French: Sapotille
- Dutch: Sapodilla



ISLAND CONNECTION

Sapodilla is a beloved fruit across the Caribbean, often enjoyed as a snack or in family recipes passed down through generations. Many families have sapodilla trees in their yards, where the sweet fruit brings back memories of childhood and simple island living.

A fruit that connects us to our roots and traditions.



DID YOU KNOW?

- Sapodilla is a good source of Vitamin C, fiber, and antioxidants.
- It supports healthy digestion and helps boost energy.
- The natural sugars provide quick and lasting energy.
- Sapodilla leaves and bark are used in traditional herbal remedies in some Caribbean cultures.
- The fruit is picked when ripe and ready to eat soft!



LOCAL NAMES ACROSS THE CARIBBEAN

- JAMAICA — Naseberry
- HAITI — Sapodiy
- GRENADA — Sapodilla
- TRINIDAD & TOBAGO — Sapodilla
- DOMINICAN REPUBLIC — Níspero
- ST. LUCIA — Naseberry
- BARBADOS — Naseberry
- CUBA — Níspero

AND MANY MORE ISLANDS!

GROWN WITH CARE
Sapodilla trees are nurtured with love and eco-friendly practices for sweet, healthy fruit.

SHARED WITH LOVE
Sapodilla brings families and communities together through stories, recipes, and special moments.

PART OF OUR WORLD
From the Caribbean to the world, sapodilla connects us through culture and nature.

ROOTED IN CULTURE
A symbol of tradition, heritage, and the sweet joys of island life.

YOURS TO ENJOY
Enjoy sapodilla fresh, in shakes, desserts, or recipes—sweet Caribbean goodness!

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CORE THRILLS

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TROPICAL FRUITS COMPANION GUIDE

FRUIT 18

SEA GRAPES (COCOPLUM)

Coastal Treasure, Island Goodness

Sea grape, also called cocoplum, is a small round fruit with a thin skin that ripens from green to red to deep purple. It has a sweet, tart, and slightly salty flavor that captures the taste of the Caribbean coast. It's a unique fruit that brings the ocean breeze and island tradition to every bite.



MEET THE FRUIT

Sea grape grows in clusters on seaside trees and shrubs along the coast. The fruit is round and smooth, changing colors as it ripens—green, pink, red, and deep purple. Inside, the flesh is juicy, crisp, and lightly sweet with a touch of tartness and saltiness. It's small in size but packed with refreshing island flavor!



TASTE & TEXTURE

Sea grape has a crisp skin and juicy, translucent flesh that bursts in your mouth. The flavor is a perfect blend of **sweet, tart, and slightly salty—a refreshing taste like seaside adventures in every bite.** Enjoy it fresh, chilled, or blended into juices, smoothies, jams, and more.



Sweet, tart, salty—truly one of a kind!

WHERE IT GROWS

Sea grape trees thrive in coastal, tropical climates. In the Caribbean, they grow along beaches, rocky shores, and seaside vegetation. These hardy trees help protect the coastline from wind and erosion and are often found across many islands near the sea.



KNOWN AS

One fruit, many names!

- English: Sea Grape / Cocoplum
- Spanish: Uva de Playa / Seagrape
- French: Raisinier Bord de Mer
- Dutch: Zeedruif



ISLAND CONNECTION

Sea grape is a part of Caribbean life for generations. Island families enjoy it fresh by the shore, in homemade jams and jellies, and in old traditions passed down through time. It connects us to the sea, our roots, and the beauty of island living.



A little fruit that connects us to our coasts and culture.

DID YOU KNOW?

- Sea grape is rich in Vitamin C and antioxidants.
- It helps support the immune system and good digestion.
- The fruit can help hydrate the body naturally.
- The leaves are thick and round, providing shade and shelter for many seaside creatures.
- Sea grape trees are also beautiful ornamental plants!



LOCAL NAMES ACROSS THE CARIBBEAN

- **JAMAICA** — Sea Grape / Cocoplum
- **HAITI** — Cocoplum
- **GRENADA** — Seagrape
- **TRINIDAD & TOBAGO** — Seagrape / Cocoplum
- **DOMINICAN REPUBLIC** — Uva de Playa / Seagrape
- **ST. LUCIA** — Seagrape / Cocoplum
- **BARBADOS** — Seagrape / Cocoplum
- **CUBA** — Uva de Playa / Uva de Costal

AND MANY MORE ISLANDS!

GROWN WITH CARE
Sea grape trees are natural coastal protectors that support the environment and provide shade, shelter, and delicious fruit.

SHARED WITH LOVE
Sea grape brings families and communities together through picking, sharing, recipes, and special coastal moments.

PART OF OUR WORLD
From the Caribbean coasts to the world, sea grape connects us through nature, culture, and

ROOTED IN CULTURE
A symbol of island roots, heritage, and the sweet joys of coastal life.

YOURS TO ENJOY
Enjoy sea grape fresh, in juices, jams, or recipes—sweet, tart, salty, and totally Caribbean!

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CORE THRILLS

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TROPICAL FRUITS COMPANION GUIDE

FRUIT 19

STAR APPLE (CAIMITO)

Creamy, Sweet, A Taste of the Stars

Star apple, also called caimito, is a tropical fruit with glossy purple skin and soft, juicy flesh that's sweet and creamy. Its flavor is often compared to a blend of grape, milk, and vanilla. A true Caribbean treasure that's as beautiful on the outside as it is delicious inside.



MEET THE FRUIT

Star apple grows on large evergreen trees. The fruit is round with smooth, glossy purple skin that may have a green tint when unripe. Inside, the flesh is soft, juicy, and creamy with a delicate star pattern around the seeds. It's best enjoyed chilled for a refreshing and delightfully sweet treat!



TASTE & TEXTURE

Star apple has a soft, milky, and juicy flesh that melts in your mouth. The flavor is a perfect blend of **sweet and creamy**—with hints of **grape, milk, and vanilla.** Enjoy it fresh, chilled, or blended into smoothies, shakes, ice cream, and desserts.

Smooth, creamy, and uniquely delightful!



WHERE IT GROWS

Star apple trees thrive in warm, tropical climates. In the Caribbean, they grow in home gardens, orchards, and along roadsides. These hardy trees prefer rich, well-drained soil and plenty of sunshine, often found in coastal and lowland tropical regions.



KNOWN AS

One fruit, many names!

- English: Star Apple / Caimito
- Spanish: Caimito / Estrella
- French: Pomme Étoile
- Dutch: Sterappel



ISLAND CONNECTION

Star apple is a cherished fruit across the Caribbean. Many families grow star apple trees in their yards, where the fruit brings people together to share sweet moments and create lasting memories. It connects us to the land, our heritage, and the simple joys of island living.

A fruit that brings families together, one sweet bite at a time.



DID YOU KNOW?

- Star apple is a good source of Vitamin C and antioxidants.
- It helps support the immune system and promotes healthy skin.
- The fruit can help hydrate the body naturally.
- The seeds are not edible.
- Star apple is best enjoyed chilled for maximum flavor!



LOCAL NAMES ACROSS THE CARIBBEAN

- **JAMAICA** — Caimito
- **HAITI** — Pomme Étoile
- **GRENADA** — Caimito
- **TRINIDAD & TOBAGO** — Caimito
- **DOMINICAN REPUBLIC** — Estrella
- **ST. LUCIA** — Caimito
- **BARBADOS** — Caimito
- **CUBA** — Caimito / Estrella

AND MANY MORE ISLANDS!

GROWN WITH CARE
Star apple trees are natural and eco-friendly, supporting the environment and providing shade, shelter, and delicious fruit.

SHARED WITH LOVE
Star apple brings families and communities together through sharing, enjoying fresh fruit, and creating sweet moments.

PART OF OUR WORLD
From the Caribbean to the world, star apple connects us through nature, culture, and joy.

ROOTED IN CULTURE
A symbol of island roots, heritage, and the sweet joys of coastal life.

YOURS TO ENJOY
Enjoy star apple fresh, in smoothies, desserts, or recipes—sweet, creamy, and totally Caribbean!

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CORE THRILLS

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TROPICAL FRUITS COMPANION GUIDE

FRUIT 20

MAMMEE APPLE

(MAMMEA AMERICANA)

Creamy, Sweet, Island Favorite



Mammee apple, also called mammea americana, is a tropical fruit with a rough, mottled brown skin and soft, golden-yellow flesh. It has a sweet, rich, and creamy flavor that's smooth and satisfying. A true Caribbean treasure loved for generations.

MEET THE FRUIT

Mammee apple grows on large evergreen trees. The fruit is round or slightly oval with a rough, brown skin that can be speckled. Inside, the flesh is thick, soft, and golden yellow, with a large, rough seed in the center. Its texture is creamy and buttery—perfect for enjoying sweet and naturally delicious!



TASTE & TEXTURE

Mammee apple has a rich, creamy, and buttery texture that melts in your mouth.

The flavor is a delicious blend of sweet, nutty, and vanilla-like—often compared to a mix of sweet potato, custard, and almond.

Enjoy it fresh, chilled, or blended into shakes, ice cream, and desserts.

Smooth, creamy, and irresistibly good!



WHERE IT GROWS

Mammee apple trees thrive in warm, tropical climates. In the Caribbean, they grow in home gardens, orchards, and along roadsides. These hardy trees adapt well to many soil types and are often found in coastal and lowland tropical regions.



KNOWN AS

One fruit, many names!

- English: Mammee Apple / Mammee
- Spanish: Mamey de Santo Domingo
- French: Pomme Mamey
- Dutch: Mammeeappel



ISLAND CONNECTION

Mammee apple is a special part of Carribean life. Families enjoy it fresh at home, share it with neighbors, and pass down their love for this fruit through generations. It connects us to the land, our heritage, and the simple joys of island living.

A fruit that brings us iregether, one sweet bite at a time.



DID YOU KNOW?

- Mammee apple is rich in Vitamin A and Vitamin C.
- It supports healthy skin, vision, and immune function.
- The fruit can help hydrate the body naturally.
- The seeds are not edible but are large and easy to identify.
- Mammee apple is best enjoyed chilled for its creamy texture and rich flavor!



LOCAL NAMES ACROSS THE CARIBBEAN

- **JAMAICA** Mammee Apple
- **HAITI** Mammee
- **GRENADA** Mammee
- **TRINIDAD & TOBAGO** Mammee Apple
- **DOMINICAN REPUBLIC** Mamey de Santo Domingo
- **ST. LUCIA** Mammee Apple
- **BARBADOS** Mammee Apple
- **CUBA** Mamey de Santo Domingo
- **AND MANY MORE ISLANDS!**

GROWN WITH CARE
Mammee apple trees are nurtured naturally and eco-friendly, supporting the environment and providing delicious, healthy fruit.

SHARED WITH LOVE
Mammee apple brings families and communities together through sharing, recipes, and special moments.

PART OF OUR WORLD
From the Caribbean to the world, mammee apple connects us through culture, nature, and

ROOTED IN CULTURE
A symbol of island roots, heritage, and the sweet joys of Caribbean life.

YOURS TO ENJOY
Enjoy mammee apple fresh, in shakes, desserts, or recipes—sweet, creamy, and totally Caribbean!

Our Islands. Our Flavors. Our Heritage.

CORE THRILLS

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TROPICAL FRUITS COMPANION GUIDE

FRUIT 21

CASHEW FRUIT (CASHEW APPLE)

Juicy, Sweet, Truly Unique



Cashew fruit, also called cashew apple, is the colorful, juicy part of the cashew tree. It can be red, yellow, orange, or even pink, with a sweet, tangy flavor that's refreshing and aromatic. The cashew nut grows on the outside, attached to the bottom of the fruit. A true Caribbean gem full of flavor and versatility.

MEET THE FRUIT

Cashew fruit grows on evergreen cashew trees. The fruit is pear- or bell-shaped with smooth, glossy skin in bright colors. Inside, the flesh is juicy, crisp, and fragrant with a sweet-tart taste. The cashew nut (the seed) is attached to the outside bottom of the fruit. It's best enjoyed fresh or used to make juices, jellies, and more!



TASTE & TEXTURE

Cashew fruit has a juicy, crisp texture and a sweet, tangy, slightly astringent flavor that's refreshing and aromatic. The taste is often compared to a mix of apple, pear, and guava with a hint of citrus. Enjoy it fresh, chilled, or blended into juices, smoothies, syrups, or tropical treats.

Sweet, tangy, and delightfully refreshing!



WHERE IT GROWS

Cashew trees thrive in warm, tropical climates. In the Caribbean, they grow in home gardens, orchards, and along roadsides. These hardy trees adapt well to many soil types and are often found in coastal and lowland tropical regions.



KNOWN AS

One fruit, many names!

- English: Cashew Fruit / Cashew Apple
- Spanish: Marañón / Anacardo
- French: Pomme de Cajou
- Dutch: Cashewappel



ISLAND CONNECTION

Cashew fruit is a cherished part of Caribbean life. Families enjoy it fresh, turned into juices, jellies, and wines, or shared with neighbors and friends. It connects us to the land, our heritage, and the simple joys of island living.

A fruit that brings us together, one sweet bite at a time.



DID YOU KNOW?

- Cashew fruit is rich in Vitamin C and antioxidants.
- It supports healthy skin, immunity, and overall wellness.
- The fruit can help hydrate the body naturally.
- It is commonly used to make juice, jelly, syrup, and even wine.
- The cashew nut attached to the fruit must be processed before it can be safely eaten.



LOCAL NAMES ACROSS THE CARIBBEAN

- **JAMAICA** Cashew Apple
- **HAITI** Anacardier
- **GRENADA** Cashew Apple
- **TRINIDAD & TOBAGO** Cashew Apple
- **DOMINICAN REPUBLIC** Marañón
- **ST. LUCIA** Cashew Apple
- **BARBADOS** Cashew Apple
- **CUBA** Marañón
- **AND MANY MORE ISLANDS!**

GROWN WITH CARE
Cashew trees are resilient and eco-friendly, supporting the environment and providing shade, food, and beauty to our islands.

SHARED WITH LOVE
Cashew fruit brings families and communities together through sharing, recipes, traditions, and special memories.

PART OF OUR WORLD
From the Caribbean to the world, cashew fruit connects us through culture, nature, and delicious flavor.

ROOTED IN CULTURE
A symbol of island roots, heritage, and the sweet, vibrant flavors of Caribbean life.

YOURS TO ENJOY
Enjoy cashew fruit fresh, in drinks, desserts, or recipes—sweet, tangy, and truly one of a kind!

Our Islands. Our Flavors. Our Heritage.

CORE THRILLS

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TROPICAL
FRUITS
COMPANION GUIDE

FRUIT 22

HOG PLUM
(JUNE PLUM)

Tart, Crisp, Caribbean Favorite

Hog plum, also called June plum, is a small oval fruit with smooth skin that ripens from green to yellow, red, or purple. The flesh is crisp, juicy, and tart with a sweet touch. It's perfect for snacking, making drinks, jams, pickles, and more. A true taste of the Caribbean!



MEET THE FRUIT

Hog plum grows on tall evergreen trees. The fruit is small and oval with smooth, thin skin that changes color as it ripens. Inside, the flesh is crisp, juicy, and slightly fibrous with one large seed. It has a refreshing tart flavor with a hint of sweetness that keeps you coming back for more!

Nature's tart and refreshing treat!



TASTE & TEXTURE

Hog plum has a crisp, juicy texture that bursts with flavor.
The taste is tart and tangy with a touch of sweetness—similar to a green apple with a tropical twist.
Enjoy it fresh, sprinkled with salt or chili, or turned into juice, syrup, jam, jelly, pickles, or chutney.

Tart, juicy, and totally addictive!



WHERE IT GROWS

Hog plum trees thrive in warm, tropical climates. In the Caribbean, they grow in yards, farms, orchards, and along roadsides. These hardy trees adapt well to many soil types and are often found in coastal and inland tropical regions.



KNOWN AS

One fruit, many names!

- English: Hog Plum / June Plum
- Spanish: Ciruela de Jobo
- French: Prune de Cythère
- Dutch: Hogplum / Junepruim



ISLAND CONNECTION

Hog plum is a treasured part of Caribbean life. Families enjoy it fresh, in homemade drinks, jams, and spicy pickles.
It connects us to the land, our heritage, and the simple joys of island living.

A fruit that brings us together, one bite at a time.



DID YOU KNOW?

- Hog plum is rich in Vitamin C and antioxidants.
- It supports healthy digestion and boosts immunity.
- The fruit can help hydrate the body naturally.
- The seed is not edible.
- Hog plum fruits are used in traditional remedies.



LOCAL NAMES ACROSS THE CARIBBEAN

- JAMAICA — June Plum
- HAITI / Zweb
- GRENADA — Hog Plum
- TRINIDAD & TOBAGO — June Plum
- DOMINICAN REPUBLIC — Jobo
- ST. LUCIA — June Plum
- BARBADOS — Hog Plum
- CUBA — Jobo
- AND MANY MORE ISLANDS!

GROWN WITH CARE
Hog plum trees are resilient and eco-friendly, supporting the environment and providing shade, food, and clean air.

SHARED WITH LOVE
Hog plum brings families and communities together through sharing fresh fruit, drinks, and tasty homemade treats.

PART OF OUR WORLD
From the Caribbean to the world, hog plum connects us through culture, and our heritage.

ROOTED IN CULTURE
A symbol of island roots, heritage, and the sweet and tart flavors of Caribbean life.

YOURS TO ENJOY
Enjoy hog plum fresh, chilled, in juices, pickles, and desserts—a true Caribbean treasure!

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TROPICAL
FRUITS
COMPANION GUIDE

FRUIT 23

ORANGE

Sweet, Juicy, Caribbean Favorite

Orange is a round citrus fruit with a bright orange peel and juicy, sweet-tart flesh inside. It's rich in vitamin C, refreshing, and loved by people of all ages. Perfect for eating fresh, making juice, desserts, and adding zesty flavor to many dishes across the Caribbean!



MEET THE FRUIT

Orange trees are evergreen citrus trees. The fruit is round with a thick, dimpled peel that changes from green to orange as it ripens. Inside, the flesh is juicy, sweet, and divided into segments. Oranges grow in warm climates and are enjoyed fresh or in many delicious ways every day!



Nature's sunshine in every bite!

TASTE & TEXTURE

Orange has a juicy, tender texture that bursts with sweet and tangy flavor. The taste is refreshing with just the right balance of sweetness and tartness. Enjoy it fresh, in juice, smoothies, desserts, salads, or zesty sauces.



Juicy, refreshing, and full of sunshine!

WHERE IT GROWS

Orange trees thrive in warm, tropical and subtropical climates. In the Caribbean, they grow in yards, farms, and orchards, especially in areas with plenty of sunshine and well-drained soil. These hardy trees are found in coastal and inland regions across the islands.



KNOWN AS

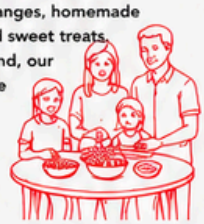
One fruit, many names!

- English: Orange
- Spanish: Naranja
- French: Orange
- Dutch: Sinaasappel



ISLAND CONNECTION

Orange is a staple in Caribbean life. Families enjoy fresh oranges, homemade juices, marmalades, and sweet treats. It connects us to the land, our heritage, and the simple joys of island living.



A fruit that brings us together, one bite at a time.

DID YOU KNOW?

- Orange is rich in Vitamin C and antioxidants.
- It supports a strong immune system and healthy skin.
- The fruit can help keep you hydrated and energized.
- The orange peel has natural oils used for flavor and aromatherapy.
- Oranges are one of the most popular fruits in the world!



LOCAL NAMES ACROSS THE CARIBBEAN

- JAMAICA — Orange
- HAITI — Zoranj
- GRENADA — Orange
- TRINIDAD & TOBAGO — Orange
- DOMINICAN REPUBLIC — Naranja
- ST. LUCIA — Orange
- BARBADOS — Orange
- CUBA — Naranja

AND MANY MORE ISLANDS!

GROWN WITH CARE
Orange trees are nurtured with care and eco-friendly methods, supporting healthy soil, clean air, and a better future.

SHARED WITH LOVE
Oranges bring families and communities together through fresh juices, meals, and sweet moments.

PART OF OUR WORLD
From the Caribbean to the world, orange is a symbol of connection, culture, and heritage.

ROOTED IN CULTURE
A symbol of sunshine, heritage, and the sweet and tart flavors of Caribbean life.

YOURS TO ENJOY
Enjoy orange your way—fresh, in juices, zest, desserts, and more. A true Caribbean treasure!

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TROPICAL
FRUITS
COMPANION GUIDE

FRUIT 24

GRAPEFRUIT

Tangy, Refreshing, Caribbean Favorite

Grapefruit is a large citrus fruit known for its tangy, slightly sweet flavor and juicy, refreshing flesh. It's packed with vitamin C, supports a healthy lifestyle, and is enjoyed fresh, in juices, smoothies, or as part of many Caribbean meals!









MEET THE FRUIT

Grapefruit grows on evergreen citrus trees. The fruit is round to slightly oval with smooth, thick skin that changes from green to yellow or pinkish-orange as it ripens. Inside, the flesh is juicy, segmented, and can be pink, red, or white. It has a pleasantly tart taste with a hint of sweetness that makes it so refreshing!



Nature's tangy refreshment!

TASTE & TEXTURE

Grapefruit has a juicy, slightly firm texture that bursts with tangy sweet flavor. The taste is tart with a mild bitterness—balanced by natural sweetness. Enjoy it fresh, in juices, smoothies, fruit salads, or even grilled with a touch of honey.



Tangy, juicy, and oh so refreshing!

WHERE IT GROWS

Grapefruit trees love warm, subtropical climates. In the Caribbean, they grow in yards, farms, and orchards, especially in areas with plenty of sunshine and well-drained soil. These trees adapt well to coastal and inland regions across the islands.



KNOWN AS

One fruit, many names!

- English: Grapefruit
- Spanish: Toronja
- French: Pamplemousse
- Dutch: Grapefrüt



ISLAND CONNECTION

Grapefruit is loved across the Caribbean. Families enjoy it fresh, in homemade juices, and in breakfast dishes. It connects us to the land, our health, and the simple joys of island living.



A fruit that brings us together, one bite at a time.

DID YOU KNOW?

- Grapefruit is rich in Vitamin C and antioxidants.
- It may support healthy heart function and immune health.
- The fruit can help with hydration and may aid in weight management.
- The peel contains natural oils used in aromatherapy and cleaning products.
- Grapefruit comes in pink, red, white, and yellow varieties.



LOCAL NAMES ACROSS THE CARIBBEAN

- JAMAICA — Grapefruit
- HAITI — Chadèk
- GRENADA — Grapefruit
- TRINIDAD & TOBAGO — Grapefruit
- DOMINICAN REPUBLIC — Toronja
- ST. LUCIA — Grapefruit
- BARBADOS — Grapefruit
- CUBA — Toronja
- AND MANY MORE ISLANDS!

GROWN WITH CARE
Grapefruit trees are nurtured with care and eco-friendly methods, supporting healthy soil, clean air, and a better future.

SHARED WITH LOVE
Grapefruit brings families and communities together through refreshing juices, meals, and sweet moments.

PART OF OUR WORLD
From the Caribbean to the world, grapefruit is a symbol of connection, culture, and heritage.

ROOTED IN CULTURE
A symbol of island roots, heritage, and the sweet and tart flavors of Caribbean life.

YOURS TO ENJOY
Enjoy grapefruit your way—fresh, in juices, smoothies, meals, and more. A true Caribbean treasure!

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CORE THRILLS

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TROPICAL FRUITS COMPANION GUIDE

FRUIT 25

POMEGRANATE

(Punica granatum)

Bursting with Goodness, Loved in the Caribbean

Pomegranate is a round fruit with a tough, leathery skin that can be red, pink, yellow, or orange. Inside, it's filled with juicy, ruby-red seeds called arils, packed with a sweet and tangy flavor. Refreshing, nutritious, and full of antioxidants, pomegranate is a true gift from nature enjoyed across the Caribbean.



MEET THE FRUIT

Pomegranate grows on small trees or large shrubs. The fruit is round with a thick, leathery skin that protects the juicy seeds inside. The arils are surrounded by soft, white pith. It's refreshing, beautiful, and full of natural goodness that has been valued for centuries.



TASTE & TEXTURE

Pomegranate has a juicy, crunchy texture with a sweet and tangy flavor. The arils burst in your mouth with a refreshing taste—a perfect balance of sweet and tart. Enjoy it fresh, chilled, or added to drinks, salads, and desserts.

Sweet, tangy, and bursting with juice!



WHERE IT GROWS

Pomegranate trees thrive in warm, tropical to subtropical climates. In the Caribbean, they grow in home gardens, orchards, and along roadsides. These hardy trees adapt well to many soil types and are often found in coastal and inland tropical regions.



KNOWN AS

One fruit, many names!

- English: Pomegranate
- Spanish: Granada
- French: Grenade
- Dutch: Granaatappel



ISLAND CONNECTION

Pomegranate is enjoyed across the Caribbean in juices, drinks, and traditional remedies. Families share it during special occasions and gatherings. It connects us to our heritage, and the simple joys of island living.

A fruit that brings us together, one sweet bite at a time.



DID YOU KNOW?

- Pomegranate is rich in Vitamin C, Vitamin K, and antioxidants.
- It supports heart health and may help reduce inflammation.
- The fruit can help improve digestion and boost immunity.
- Pomegranate juice is a natural energy booster.
- The arils are edible and packed with juice, while the tough skin protects the goodness inside.



LOCAL NAMES ACROSS THE CARIBBEAN

- **JAMAICA** Pomegranate
- **HAITI** Grenad
- **GRENADA** Pomegranate
- **TRINIDAD & TOBAGO** Pomegranate
- **DOMINICAN REPUBLIC** Granada
- **ST. LUCIA** Pomegranate
- **BARBADOS** Pomegranate
- **CUBA** Granada
- **AND MANY MORE ISLANDS!**

GROWN WITH CARE
Pomegranate trees are resilient and eco-friendly, supporting the environment and providing shade, food, and beauty.

SHARED WITH LOVE
Pomegranate brings families and communities together through sharing fresh fruit, juices, recipes, and traditional drinks.

PART OF OUR WORLD
From the Caribbean to the world, pomegranate connects us through culture, health, and natural goodness.

ROOTED IN CULTURE
A symbol of abundance, health, and life. Pomegranate is cherished in Caribbean traditions and celebrations.

YOURS TO ENJOY
Enjoy pomegranate fresh, in juices, salads, desserts, or recipes—bursting with flavor and goodness!

Our Islands. Our Flavors. Our Heritage.

CORE THRILLS | DISCOVER. LEARN. CONNECT.

TROPICAL FRUITS COMPANION GUIDE

FRUIT 26

DRAGON FRUIT (PITAYA)

Exotic, Refreshing, Naturally Stunning

Dragon fruit, also called pitaya, is a vibrant fruit with a unique look and a mild, sweet flavor. With its eye-catching skin and speckled flesh, it's as beautiful as it is delicious. Packed with nutrients and antioxidants, dragon fruit is a tropical treasure enjoyed across the Caribbean and beyond.



MEET THE FRUIT

Dragon fruit grows on climbing cacti known as Hylocereus. The fruit is oval with bright pink or yellow skin and green-tipped scales. Inside, the flesh can be white or red, dotted with tiny black seeds. It has a mild, sweet taste—similar to kiwi and pear—with a refreshing and juicy texture.



TASTE & TEXTURE

Dragon fruit has a mildly sweet, refreshing flavor. The texture is soft and juicy, filled with tiny crunchy seeds that are edible. White-fleshed varieties are mild and delicate, while red-fleshed varieties are sweeter and more flavorful. Enjoy it chilled, blended in smoothies, or added to fruit salads!

Mild, sweet, and perfectly refreshing!



WHERE IT GROWS

Dragon fruit thrives in warm, tropical and subtropical climates. In the Caribbean, it grows in home gardens, on fences, and in small farms. These hardy cacti adapt well to dry and coastal areas and are often found in lowland and coastal regions.



KNOWN AS

One fruit, many names!

- English: Dragon Fruit / Pitaya
- Spanish: Pitahaya
- French: Fruit du Dragon
- Dutch: Drakenfruit



ISLAND CONNECTION

Dragon fruit is loved across the Caribbean in juices, smoothies, and fruit bowls. Families enjoy growing it at home because it's easy to care for and produces beautiful fruit. It connects us to tropical gardens, healthy living, and the simple joys of island life.

A fruit that brings color, health, and happiness to every island home.



DID YOU KNOW?

- Dragon fruit is rich in Vitamin C, fiber, and antioxidants.
- It supports a healthy immune system and good digestion.
- The fruit can help hydrate the body and boost energy.
- The cactus flower blooms at night and is pollinated by bats.
- The seeds are edible and packed with omega-3 fatty acids.



LOCAL NAMES ACROSS THE CARIBBEAN

JAMAICA Pitaya	**TRINIDAD & TOBAGO** Pitaya	**BARBADOS** Pitaya
HAITI Pitaya	**DOMINICAN REPUBLIC** Pitahaya	**CUBA** Pitahaya
GRENADA Pitaya	**ST. LUCIA** Pitaya	**AND MANY MORE ISLANDS!**

GROWN WITH CARE
Dragon fruit plants are drought-tolerant and eco-friendly, supporting the environment and providing shade and fresh, nutritious fruit.

SHARED WITH LOVE
Families grow dragon fruit together and enjoy it in healthy dishes, juices, and desserts—sharing health, color, and smiles.

PART OF OUR WORLD
From the tropics to the Caribbean, dragon fruit connects us through nature, culture, and vibrant island life.

ROOTED IN CULTURE
A symbol of tropical beauty, resilience, and well-being. Dragon fruit is part of our Caribbean gardens and healthy traditions.

YOURS TO ENJOY
Enjoy dragon fruit fresh, in smoothies, salads, juices, and desserts—naturally delicious and good for you!

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CORE THRILLS

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TROPICAL FRUITS COMPANION GUIDE

FRUIT 27

CARAMBOLA (STAR FRUIT)

Crisp, Juicy, A Star in Every Bite

Carambola, also called star fruit, is a beautiful fruit shaped like a star when sliced. It has a thin, waxy skin and crisp, juicy flesh that's sweet with a touch of tang. Refreshing and low in calories, carambola is a tropical treasure enjoyed across the Caribbean for its taste, beauty, and health benefits.



MEET THE FRUIT

Carambola grows on small to medium evergreen trees. The fruit is oval with five ridges or "wings" running along its sides. The skin is smooth, thin, and waxy, turning from green to yellow as it ripens. Inside, the flesh is crisp, juicy, and slightly translucent, with tiny edible seeds at the center. It's refreshing, hydrating, and simply beautiful!



TASTE & TEXTURE

Carambola has a crisp, juicy texture and a sweet-tart flavor that's light, refreshing, and slightly tangy. The taste is similar to a mix of apple, grape, and citrus with a hint of honey. Enjoy it fresh, sprinkled with salt or chili, in fruit salads, juices, smoothies, or as a beautiful garnish.

Sweet, tangy, and wonderfully refreshing!



WHERE IT GROWS

Carambola trees thrive in warm, tropical and subtropical climates. In the Caribbean, they grow in home gardens, orchards, and along roadsides. These hardy trees adapt well to many soil types and are often found in coastal and inland tropical regions.



KNOWN AS

One fruit, many names!

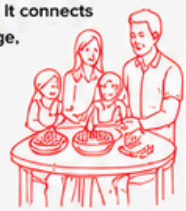
- English: Star Fruit / Carambola
- Spanish: Carambola
- French: Carambole
- Dutch: Stervrucht



ISLAND CONNECTION

Carambola is a beloved part of Caribbean life. Families enjoy it fresh, in juices, chutneys, and preserves. It connects us to the land, our heritage, and the simple joys of island living.

A fruit that connects us to tradition, one star at a time.



DID YOU KNOW?

- Carambola is rich in Vitamin C and antioxidants.
- It supports healthy skin, immunity, and heart health.
- The fruit can help hydrate the body and aid digestion.
- Slice it into star shapes for a beautiful garnish.
- Enjoy in moderation if you have kidney concerns, as it contains natural oxalates.



LOCAL NAMES ACROSS THE CARIBBEAN

- **JAMAICA** — Star Fruit
- **HAITI** — Carambole
- **GRENADA** — Star Apple
- **TRINIDAD & TOBAGO** — Carambola
- **DOMINICAN REPUBLIC** — Carambola
- **ST. LUCIA** — Star Fruit
- **BARBADOS** — Star Fruit
- **CUBA** — Carambola
- **AND MANY MORE ISLANDS!**

GROWN WITH CARE
Carambola trees are nurtured with love and eco-friendly practices, supporting the environment and providing fresh, healthy fruit.

SHARED WITH LOVE
Carambola brings families and communities together through sharing fresh fruit, juices, recipes, and cherished moments.

PART OF OUR WORLD
From the Caribbean to the world, carambola connects us through culture, nature, and the joy of good food.

ROOTED IN CULTURE
A symbol of tropical beauty, resilience, and wellness. Carambola is part of our Caribbean gardens and healthy traditions.

YOURS TO ENJOY
Enjoy carambola fresh, in juices, salads, desserts, or recipes—a star-shaped delight full of goodness!

Our Islands. Our Flavors. Our Heritage.

CORE THRILLS

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TROPICAL
FRUITS
COMPANION GUIDE

FRUIT 28

BANANA
(MUSA)

Naturally Sweet, Always a Treat

Bananas are one of the world's most popular fruits—and for good reason! They are sweet, creamy, and packed with nutrients that give you energy. From breakfast to desserts, bananas are enjoyed across the Caribbean in countless delicious ways.



MEET THE FRUIT

Banana plants are actually the world's largest herbs! The fruit grows in large bunches called "hands," and each banana is called a "finger." Bananas have a soft peel and creamy inside that ranges from sweet to slightly starchy, depending on ripeness.

Simple, satisfying, and loved by all!



TASTE & TEXTURE

Bananas are soft, smooth, and creamy when ripe, with a naturally sweet flavor. When less ripe, they are firmer and more starchy—perfect for cooking.

Sweet, creamy, and perfectly satisfying!



WHERE IT GROWS

Bananas thrive in warm, humid climates. In the Caribbean, they grow year-round in home gardens, plantations, and roadside stands. They prefer rich soil, plenty of rain, and sunshine.



KNOWN AS

Many names, same fruit!

- English: Banana
- Spanish: Banano / Plátano
- French: Banane
- Dutch: Banaan



ISLAND CONNECTION

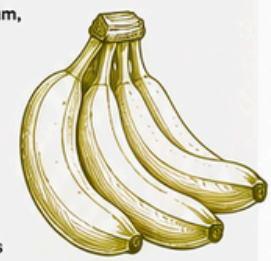
Bananas are a staple in Caribbean life. They are used in cooking, baking, frying, and blending. From festivals to family meals, bananas bring people together in simple and delicious ways.

A fruit that nourishes our bodies and brings us together.



DID YOU KNOW?

- Bananas are rich in potassium, vitamin B6, and vitamin C.
- They help give you natural energy and support heart health.
- Bananas can help with digestion and muscle function.
- The average person eats about 27 pounds of bananas every year!



LOCAL NAMES ACROSS THE CARIBBEAN

- **JAMAICA** — Banana
- **HAITI** — Bannan
- **GRENADA** — Banana
- **TRINIDAD & TOBAGO** — Banana
- **DOMINICAN REPUBLIC** — Banano
- **ST. LUCIA** — Banana
- **BARBADOS** — Banana
- **CUBA** — Plátano
- **AND MANY MORE ISLANDS!**

GROWN WITH CARE
Bananas are grown with care and respect for the land and our communities.

SHARED WITH LOVE
Bananas are shared at tables, celebrations, and everyday moments.

PART OF OUR WORLD
From the Caribbean to the world, bananas connect us through culture, nature, and food.

ROOTED IN CULTURE
Bananas are a symbol of nourishment, unity, and Caribbean pride.

YOURS TO ENJOY
Enjoy bananas fresh, cooked, baked, or blended—delicious in every way!

CORE THRILLS

DISCOVER. LEARN. CONNECT.

TROPICAL FRUITS COMPANION GUIDE

FRUIT 29

AVOCADO

(PERSEA AMERICANA)

Creamy, Nutritious, Simply Amazing

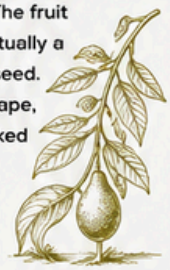
Avocados are loved for their rich, buttery texture and incredible health benefits. From toast to smoothies, salads to desserts, this green gem adds goodness to every bite!



MEET THE FRUIT

The avocado tree is evergreen and can live for many years! The fruit grows on a tree and is actually a large berry with one big seed. Avocados vary in size, shape, and color, but all are packed with nutrients.

Nature's creamy superfood!



TASTE & TEXTURE

Avocados have a smooth, creamy texture and a mild, buttery flavor. They can be savory or slightly sweet depending on how you enjoy them.

Creamy, buttery, and oh-so-delicious!



WHERE IT GROWS

Avocados grow in warm climates with plenty of sunshine and well-drained soil. In the Caribbean, they thrive in home gardens, orchards, and plantations, especially in countries with volcanic soil.



KNOWN AS

Many names, same fruit!

- English: Avocado
- Spanish: Aguacate
- French: Avocat
- Dutch: Avocado



ISLAND CONNECTION

Avocados are a favorite across the Caribbean and are used in salads, sandwiches, sauces, smoothies, and even desserts. They bring creamy goodness to many traditional and modern dishes.

From breakfast to dinner, avocados bring people together!



DID YOU KNOW?

- Avocados are rich in healthy fats, fiber, potassium, and vitamins E, K, and C.
- They help support heart health, digestion, and glowing skin.
- The seed is large and can be cleaned and grown into a new avocado tree!
- Avocados were originally native to Central America over 7,000 years ago.



LOCAL NAMES ACROSS THE CARIBBEAN

- JAMAICA — Pear
- HAITI — Zaboka
- GRENADA — Avocado Pear
- TRINIDAD & TOBAGO — Avocado Pear
- DOMINICAN REPUBLIC — Aguacate
- ST. LUCIA — Avocado Pear
- BARBADOS — Avocado Pear
- CUBA — Aguacate
- AND MANY MORE ISLANDS!

GROWN WITH CARE
Avocados are grown with care and respect for the land and our communities.

SHARED WITH LOVE
Avocados are shared at tables, celebrations, and everyday moments.

PART OF OUR WORLD
From the Caribbean to the world, avocados connect us through culture, nature, and food.

ROOTED IN CULTURE
Avocados are a symbol of nourishment, unity, and Caribbean pride.

YOURS TO ENJOY
Enjoy avocados fresh, mashed, blended—delicious in every way!

CORE THRILLS | DISCOVER. LEARN. CONNECT.

TROPICAL FRUITS COMPANION GUIDE

FRUIT 30

ROSE APPLE

(*Syzygium jambos*)

Crisp, Juicy, Fragrant, Naturally Refreshing

Rose apples are loved for their beautiful color, delicate fragrance, and crisp, watery texture. Light, refreshing, and subtly sweet, they're a perfect tropical treat anytime of the day!



MEET THE FRUIT

The rose apple tree is an evergreen that grows in warm climates. The fruit has a bell or pear shape, with thin, smooth skin that ranges from pink to deep red. Inside, the flesh is crisp, juicy, and mostly water, with a mild, sweet flavor.



Nature's crunchy, refreshing jewel!

TASTE & TEXTURE

Rose apples are crisp and juicy with a light, watery texture—similar to an apple but milder and more refreshing.



Crisp, juicy & lightly sweet!

WHERE IT GROWS

Rose apples thrive in tropical and subtropical regions with warm weather and plenty of rain. In the Caribbean, they are often grown in home gardens and orchards.



KNOWN AS

This fruit is known by many names across the world!

- English: Rose Apple
- Spanish: Manzana de Agua
- French: Pomme d'Eau
- Dutch: Waterappel



ISLAND CONNECTION

Rose apples are enjoyed fresh, chilled, or with a sprinkle of salt or pepper. They are also used in juices, jellies, and fruit salads.

A Caribbean favorite for a light and refreshing bite!



DID YOU KNOW?

- Rose apples are over 90% water, making them very hydrating.
- They are low in calories and a good source of vitamin C.
- The fruit helps cool the body and is perfect for hot days.
- Bees love the flowers of the rose apple tree!
- The tree's leaves are sometimes used in traditional remedies.



LOCAL NAMES ACROSS THE CARIBBEAN

- JAMAICA — Rose Apple
- HAITI — Pòm Delo
- GRENADA — Rose Apple
- TRINIDAD & TOBAGO — Rose Apple
- DOMINICAN REPUBLIC — Manzana de Agua
- ST. LUCIA — Rose Apple
- BARBADOS — Rose Apple
- CUBA — Manzana de Agua
- AND MANY MORE ISLANDS!

GROWN WITH CARE
Rose apples are grown with care and respect for the land and our Caribbean nature.

SHARED WITH LOVE
Rose apples are shared at tables, celebrations, and everyday moments.

PART OF OUR WORLD
From the Caribbean to the world, rose apples connect us through flavor, culture, and food.

ROOTED IN CULTURE
Rose apples are a symbol of refreshment, wellness, and island pride.

YOURS TO ENJOY
Enjoy rose apples fresh, crisp, and naturally delicious every day!

CORE THRILLS

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TROPICAL FRUITS COMPANION GUIDE

FRUIT 31

LIME

(Citrus aurantiifolia)

Zesty, Refreshing, Naturally Uplifting

Limes are small but mighty! Bursting with tangy flavor and vitamin C, they add a bright kick to drinks, dishes, and everyday wellness.



MEET THE FRUIT

The lime tree is an evergreen that thrives in tropical and subtropical climates. The fruit is small, round, and usually green when ripe, with thin, smooth skin. Inside, the flesh is juicy, acidic, and packed with a refreshing aroma.

Nature's tangy treasure!



TASTE & TEXTURE

Limes are juicy and tart with a bold, tangy flavor and refreshing citrus aroma. The thin skin is smooth, and the flesh is segmented and full of juice.

Tart, zesty & absolutely refreshing!



WHERE IT GROWS

Limes grow best in warm, tropical and subtropical regions. They need plenty of sunshine and well-drained soil. In the Caribbean, limes are commonly grown in home gardens, farms, and orchards.



KNOWN AS

This fruit is known by many names across the world!

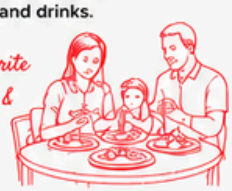
- English: Lime
- Spanish: Limón
- French: Citron Vert
- Dutch: Limoen



ISLAND CONNECTION

Limes are a staple in Caribbean kitchens—from juices and marinades to desserts and seasonings. They're also used in folk remedies and refreshing island drinks.

A Caribbean favorite for flavor, health & good vibes!



DID YOU KNOW?

- Limes are rich in vitamin C, which supports the immune system.
- They help with digestion and can aid in hydration.
- Limes are low in calories and full of antioxidants.
- The juice and zest are used in both sweet and savory dishes.
- Lime leaves and peel are used in traditional remedies and teas.



LOCAL NAMES ACROSS THE CARIBBEAN

- JAMAICA Lime
- HAITI Limon
- GRENADA Lime
- TRINIDAD & TOBAGO Lime
- DOMINICAN REPUBLIC Limón
- ST. LUCIA Lime
- BARBADOS Lime
- CUBA Limón

AND MANY MORE ISLANDS!

GROWN WITH CARE
Limes are grown with care and respect for the land and our tropical environment.

SHARED WITH LOVE
Limes are shared in meals, drinks, and celebrations. A little lime, a lot of love!

PART OF OUR WORLD
From the Caribbean to the world, limes connect us through culture, flavor, and tradition.

ROOTED IN CULTURE
Limes are rooted in Caribbean culture, used for food, wellness, and island life.

YOURS TO ENJOY
Enjoy limes fresh, in recipes, or in drinks—nature's zesty gift!

CORE THRILLS

DISCOVER.
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CONNECT.

TROPICAL
FRUITS
COMPANION GUIDE

FRUIT 32

OTAHEITE APPLE

Sweet, Fragrant, Truly Tropical

The Otaheite Apple is a tropical treasure loved for its delicate sweetness, crisp juicy texture, and beautiful blush-red skin. With its rose-like fragrance and refreshing flavor, it's a favorite treat across the Caribbean and beyond!








MEET THE FRUIT

The Otaheite Apple (also called Java Apple or Rose Apple) is not an apple at all! It's actually part of the myrtle family. The fruit is bell-shaped, with thin, smooth skin that ranges from pale pink to deep rose red. The flesh is crisp, juicy, and mildly sweet with a delicate floral aroma.



A feast for the senses!

TASTE & TEXTURE

Lightly sweet with a hint of floral flavor, the Otaheite Apple is crisp, juicy, and refreshing. It's perfect for a cool snack on a hot day!



Crisp, juicy, and oh so refreshing!

WHERE IT GROWS

Otaheite Apple trees thrive in warm, humid climates. They grow well in the Caribbean, Florida, Central America, and many parts of Southeast Asia. These evergreen trees bear fruit several times a year in tropical regions.



KNOWN AS

- English: Otaheite Apple / Java Apple / Rose Apple
- Spanish: Manzana de Java
- French: Pomme de Java
- Dutch: Java Appel



ISLAND CONNECTION

Otaheite Apples are a common fruit in many Caribbean islands. Families enjoy them fresh, in fruit salads, or lightly chilled. They're often grown in home gardens and shared among neighbors.



A simple fruit that brings people together.

DID YOU KNOW?

- The Otaheite Apple gets its name from Tahiti (Otaheite), where similar fruits were first noted by explorers.
- It is high in vitamin C and helps keep you hydrated.
- The fruit is very low in calories and is a great healthy snack.
- The leaves can be used to make herbal tea.
- It has natural antibacterial properties.



LOCAL NAMES ACROSS THE CARIBBEAN

- JAMAICA — Rose Apple
- HAITI — Pòm Woz
- GRENADA — Rose Apple
- TRINIDAD & TOBAGO — Rose Apple
- DOMINICAN REPUBLIC — Manzana de Java
- ST. LUCIA — Rose Apple
- BARBADOS — Rose Apple
- CUBA — Manzana de Java
- AND MANY MORE ISLANDS!

GROWN WITH CARE
Otaheite Apple trees are nurtured with care and eco-friendly methods for fresh, healthy fruit.

SHARED WITH LOVE
A favorite in homes and communities, enjoyed by all ages across the Caribbean.

PART OF OUR WORLD
This tropical fruit grows in many warm places around the world.

ROOTED IN CULTURE
More than just a snack, it's part of our traditions, gardens, and memories.

YOURS TO ENJOY
Enjoy the sweet, crisp goodness of Otaheite Apple—nature's gift to us all.

Our Islands. Our Flavors. Our Heritage.

CORE THRILLS

DISCOVER.
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TROPICAL FRUITS COMPANION GUIDE

FRUIT 33

PLANTAIN

Versatile, Nutritious, Truly Caribbean

The Plantain is a staple in Caribbean life, loved for its versatility and rich flavor. Whether fried, boiled, baked, or grilled, plantain brings comfort and nourishment to countless traditional dishes across the islands and beyond!













MEET THE FRUIT

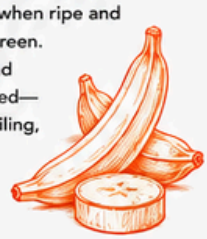
The Plantain is a starchy fruit related to the banana, but it is usually cooked before eating. It has a firm texture and mild flavor that works well in both sweet and savory recipes. A true Caribbean essential!



TASTE & TEXTURE

Plantains are starchy with a mild, slightly sweet flavor when ripe and more neutral when green. The texture is firm and satisfying when cooked—perfect for frying, boiling, baking, or mashing.

Savory or sweet, always delicious!



WHERE IT GROWS

Plantains thrive in warm, humid climates. They grow well in the Caribbean, Central and South America, West Africa, and many tropical regions around the world.



KNOWN AS

- English: Plantain
- Spanish: Plátano Verde
- French: Banane Plantain
- Dutch: Bakbanaan



ISLAND CONNECTION

Plantains are a key part of Caribbean cuisine—found in dishes like tostones, mofongo, fried plantain, and plantain porridge.

From everyday meals to festive feasts, plantain brings island flavor to the table.



DID YOU KNOW?

- Plantains are usually cooked before eating.
- They are rich in potassium, vitamin C, and fiber.
- Green plantains are great for savory dishes, while ripe ones are sweeter and softer.
- Plantains are gluten-free and very filling!



LOCAL NAMES ACROSS THE CARIBBEAN

- JAMAICA — Plantain
- HAITI — Bannann Peyi
- GRENADA — Plantain
- TRINIDAD & TOBAGO — Plantain
- DOMINICAN REPUBLIC — Plátano Verde
- ST. LUCIA — Plantain
- BARBADOS — Plantain
- CUBA — Plátano Macho
- AND MANY MORE ISLANDS!

GROWN WITH CARE
Plantain plants are hardy and grow year-round in tropical climates with care and attention.

SHARED WITH LOVE
A staple in homes across the Caribbean, bringing families together through food.

PART OF OUR WORLD
Plantains are enjoyed and any cultural tropical treasure.

ROOTED IN CULTURE
More than food, plantains are a symbol of tradition, resilience, and island pride.

YOURS TO ENJOY
Enjoy the taste, tradition, and goodness of plantain—nature's gift to us all.

Our Islands. Our Flavors. Our Heritage.

CORE THRILLS

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TROPICAL FRUITS COMPANION GUIDE

FRUIT 34

BREADNUT

Nutritious, Versatile, Truly Caribbean

The Breadnut is a delicious and nutritious tropical fruit that has been a staple in Caribbean cuisines for generations. With its mild, nutty flavor and satisfying texture, it can be boiled, roasted, fried, or baked and used in a wide variety of dishes—sweet or savory!







MEET THE FRUIT

The Breadnut (*Artocarpus altilis*) is not actually a nut, but a member of the breadfruit family.
It has a thick, green, bumpy skin that protects many large seeds.
The seeds are white or cream inside and have a mild, nutty flavor when cooked.



TASTE & TEXTURE

Breadnut has a mild, slightly nutty flavor with a starchy, creamy texture when cooked.
It softens beautifully when boiled or roasted, and holds its shape well in stews, curries, and bakes.

Mild, hearty, and oh so satisfying!



WHERE IT GROWS

Breadnut trees grow in warm, humid climates. They thrive throughout the Caribbean, Central America, the Pacific Islands, Southeast Asia, and many parts of Africa.



KNOWN AS

- English: Breadnut
- Spanish: Fruta de Pan
- French: Fruit à Pain
- Dutch: Broodvrucht



ISLAND CONNECTION

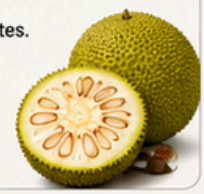
Breadnut is a treasured part of Caribbean culture and cuisine. It brings families together in hearty meals and is often passed down through generations.

A true island staple with deep roots.



DID YOU KNOW?

- Breadnut is rich in fiber, vitamin C, potassium, and antioxidants.
- It is very low in fat and a good source of complex carbohydrates.
- Breadnut trees can live for decades and provide shade, fruit, and timber.
- The seeds can be used as animal feed and for medicinal purposes.



LOCAL NAMES ACROSS THE CARIBBEAN

- JAMAICA — Breadnut
- HAITI — Fwi pen
- GRENADA — Breadnut
- TRINIDAD & TOBAGO — Breadnut
- DOMINICAN REPUBLIC — Fruta de Pan
- ST. LUCIA — Breadnut
- BARBADOS — Breadnut
- CUBA — Fruta de Pan
- AND MANY MORE ISLANDS!

GROWN WITH CARE
Breadnut trees are nurtured with care and eco-friendly methods for a custainable future.

SHARED WITH LOVE
A food that brings families and communities together across the islands.

PART OF OUR WORLD
Breadnut is enjoyed in many warm places around the world.

ROOTED IN CULTURE
More than just a snack, it's part of our traditions, memories, and our island pride.

YOURS TO ENJOY
Enjoy the goodness of breadnut—nature's gift to us all.

Our Islands. Our Flavors. Our Heritage.

CORE THRILLS

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TROPICAL FRUITS COMPANION GUIDE

FRUIT 35

LYCHEE

Sweet, Juicy, Truly Caribbean

The Lychee is a small tropical fruit with a big, sweet flavor that has been cherished in Caribbean countries for generations. With its fragrant aroma, juicy flesh, and delicate balance of sweetness and refreshment, it's a true taste of the tropics!







MEET THE FRUIT

The Lychee (*Litchi chinensis*) is a tropical evergreen tree fruit in the soapberry family.
It has a thin, rough, pink-red shell that is easy to peel, revealing juicy, white, translucent flesh with a single, shiny brown seed inside.



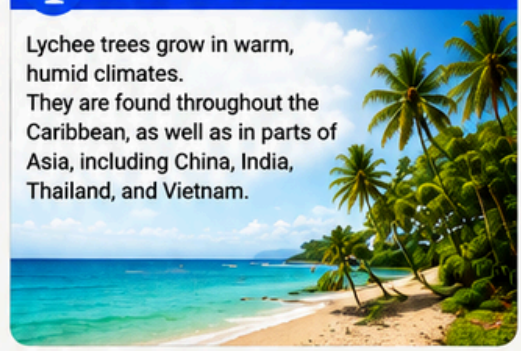
TASTE & TEXTURE

Lychee has a sweet, floral flavor with a hint of grape and rose.
The texture is juicy, soft, and slightly chewy—refreshing and melting in your mouth.

Sweet, fragrant, and oh so refreshing!

WHERE IT GROWS

Lychee trees grow in warm, humid climates.
They are found throughout the Caribbean, as well as in parts of Asia, including China, India, Thailand, and Vietnam.



KNOWN AS

- English: Lychee
- Spanish: Lichi
- French: Litchi
- Dutch: Lychee



ISLAND CONNECTION

Lychees are enjoyed fresh, in juices, desserts, jams, and sweets across many Caribbean islands.
They are often shared during family gatherings and special celebrations.

A fruit that brings people together.



DID YOU KNOW?

- Lychee is rich in vitamin C, antioxidants, and potassium.
- It supports a healthy immune system and good digestion.
- Lychee trees can live for decades and produce fruit every year.
- The seed is not eaten, but the sweet flesh is packed with goodness!



LOCAL NAMES ACROSS THE CARIBBEAN

JAMAICA: Litchie	TRINIDAD & TOBAGO: Lychee	BARBADOS: Lychee
HAITI: Lichi	DOMINICAN REPUBLIC: Lichi	CUBA: Lichi
GRENADA: Lichee	ST. LUCIA: Lychee	AND MANY MORE ISLANDS!

GROWN WITH CARE
Lychee trees are nurtured with care and eco-friendly methods for a sustainable future.

SHARED WITH LOVE
A fruit that brings families and communities together across the islands.

PART OF OUR WORLD
Lychee is enjoyed in many warm places around the world.

ROOTED IN CULTURE
More than just a fruit, it's part of our traditions, celebrations, and island heritage.

YOURS TO ENJOY
Enjoy the sweetness of the tropics—nature's gift to us all.

Our Islands. Our Flavors. Our Heritage.

CORE THRILLS

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TROPICAL FRUITS COMPANION GUIDE

FRUIT 36

COCOA (CACAO)

Rich, Aromatic, Truly Caribbean

The Cocoa is a remarkable tropical fruit that gives us the seeds used to make chocolate. Cherished in the Caribbean for centuries, cocoa has a rich, slightly bitter flavor and deep aroma that delights the senses and brings people together in sweet memories and delicious treats.







MEET THE FRUIT

The Cocoa (*Theobroma cacao*) is a tropical evergreen tree fruit in the mallow family.
It grows in large pods that change color as they ripen—green, yellow, or red. Inside, sweet white pulp surrounds rows of seeds, which are the cocoa beans.
These seeds are the magic behind chocolate!



TASTE & TEXTURE

Cocoa pulp is sweet and tangy with a soft, juicy texture.
The cocoa beans inside are bitter and firm when raw, but develop a rich, smooth chocolate flavor when fermented, dried, and roasted.

Bold, complex, and oh so delicious!



WHERE IT GROWS

Cocoa trees grow in warm, humid climates.
They thrive throughout the Caribbean, as well as in Central and South America, West Africa, and parts of Asia.



KNOWN AS

- English: Cocoa (Cacao)
- Spanish: Cacao
- French: Cacao
- Dutch: Cacao



ISLAND CONNECTION

Cocoa has been part of Caribbean history and heritage for centuries. It was once traded as a valuable treasure and used in traditional drinks and celebrations. Today, it continues to bring families together through delicious sweets, desserts, and warm memories.

A heritage worth savoring and sharing.



DID YOU KNOW?

- Cocoa is packed with antioxidants, iron, magnesium, and other important nutrients.
- It can help improve mood and reduce stress!
- Chocolate comes from cocoa beans—how amazing is that?
- Cocoa trees can live for over 25 years and produce fruit all year round.



LOCAL NAMES ACROSS THE CARIBBEAN

JAMAICA Cocoa	TRINIDAD & TOBAGO Cocoa	BARBADOS Cocoa
HAITI Kokoye	DOMINICAN REPUBLIC Cacao	CUBA Cacao
GRENADA Cocoa	ST. LUCIA Cocoa	AND MANY MORE ISLANDS!

GROWN WITH CARE
Cocoa trees are nurtured with care and eco-friendly methods for a sustainable future.

SHARED WITH LOVE
A taste that brings families and communities together across the islands.

PART OF OUR WORLD
Cocoa is enjoyed in many warm places around the world.

ROOTED IN CULTURE
More than just a fruit, it's part of our traditions, celebrations, and island heritage.

YOURS TO ENJOY
Enjoy the rich flavor and goodness of cocoa—nature's gift to us all.

Our Islands. Our Flavors. Our Heritage.

CORE THRILLS

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TROPICAL FRUITS COMPANION GUIDE

FRUIT 37

SUGAR CANE

Sweet, Natural, Truly Caribbean

Sugar Cane is a tall, grassy plant that stores sweet juice in its thick stalks. It has been a vital part of Caribbean life for centuries—used for its juice, syrup, and sugar. From refreshing drinks to delicious treats, Sugar Cane brings natural sweetness and energy to our table and our traditions.







MEET THE FRUIT

Sugar Cane (*Saccharum officinarum*) is a perennial grass in the grass family. It grows in thick clumps with tall, jointed stalks that can reach up to 5 meters (16 feet) high. The stalks are firm, fibrous on the outside, and juicy and sweet on the inside.



TASTE & TEXTURE

Sugar Cane has a sweet, grassy flavor with a hint of earthiness. The juice is naturally sweet and refreshing, while the chewed cane fibers are juicy and crunchy.

Naturally sweet, fresh, and so satisfying!



WHERE IT GROWS

Sugar Cane grows best in warm, sunny climates with plenty of water. It is cultivated throughout the Caribbean, as well as in South America, Southeast Asia, India, China, and parts of Africa.



KNOWN AS

- English: Sugar Cane
- Spanish: Caña de Azúcar
- French: Canne à Sucre
- Dutch: Suikerriet



ISLAND CONNECTION

Sugar Cane has shaped Caribbean history, culture, and cuisine. It was once the backbone of our economy and is still celebrated today in traditional drinks, desserts, and festivals.

A sweet part of our past and a blessing for our future.



DID YOU KNOW?

- Sugar Cane is about 70–75% water!
- The juice is rich in natural sugars, calcium, potassium, iron, and B vitamins.
- It helps give quick energy and keeps you hydrated.
- Sugar Cane juice can be drunk fresh or used to make syrup, jaggery, or sugar.
- The leftover bagasse (fiber) is used for fuel, paper, and bio-products.



LOCAL NAMES ACROSS THE CARIBBEAN

- **JAMAICA** Sugar Cane
- **HAITI** Kann
- **GRENADA** Sugar Cane
- **TRINIDAD & TOBAGO** Sugar Cane
- **DOMINICAN REPUBLIC** Caña de Azúcar
- **ST. LUCIA** Sugar Cane
- **BARBADOS** Sugar Cane
- **CUBA** Caña de Azúcar
- **AND MANY MORE ISLANDS!**

GROWN WITH CARE
Sugar Cane is grown with care and eco-friendly methods for a sustainable future.

SHARED WITH LOVE
A natural gift that brings communities together across the islands.

PART OF OUR WORLD
Sugar Cane is enjoyed in many warm places around the world.

ROOTED IN CULTURE
More than just a plant, it's part of our traditions, celebrations, and island heritage.

YOURS TO ENJOY
Enjoy the sweet taste and goodness of Sugar Cane—nature's gift to us all.

Our Islands. Our Flavors. Our Heritage.

CORE THRILLS

DISCOVER. LEARN. CONNECT.

TROPICAL FRUITS COMPANION GUIDE

FRUIT 38

LEMON

Zesty, Refreshing, Truly Caribbean

The Lemon is a bright and versatile citrus fruit loved across the Caribbean for its tangy flavor and fresh aroma. From refreshing drinks to savory dishes and home remedies, Lemons add a burst of sunshine to everyday life and are a kitchen essential in many islands.







MEET THE FRUIT

The Lemon (*Citrus limon*) is a small evergreen tree in the citrus family. It bears oval, yellow fruits with a thin, dimpled rind and juicy, sour pulp inside.
Lemons are known for their high vitamin C content and strong, refreshing fragrance.



TASTE & TEXTURE

Lemons are tangy and slightly sour, with a bright, zesty flavor. The juice is sharp and refreshing, while the rind is thin, fragrant, and contains natural oils.

Tangy, crisp, and oh so refreshing!



WHERE IT GROWS

Lemon trees grow best in warm, sunny climates.
They are widely cultivated throughout the Caribbean, as well as in parts of Asia, the Middle East, Australia, South America, and North America.



KNOWN AS

- English: Lemon
- Spanish: Limón
- French: Citron
- Dutch: Citroen



ISLAND CONNECTION

Lemons are part of Caribbean daily life—used in cooking, baking, drinks, homemade remedies, and cleaning. They bring flavor, freshness, and wellness to our homes and traditions.

A little Lemon, a lot of island love.



DID YOU KNOW?

- Lemons are an excellent source of vitamin C, which supports immunity and healthy skin.
- The peel (zest) is rich in essential oils used in cooking, cleaning, and aromatherapy.
- Lemon juice can help aid digestion and freshen breath.
- Lemons can be stored at room temperature for up to a week, or refrigerated for longer freshness.



LOCAL NAMES ACROSS THE CARIBBEAN

- JAMAICA — Lemon
- HAITI — Sitwon
- GRENADA — Lemon
- TRINIDAD & TOBAGO — Lemon
- DOMINICAN REPUBLIC — Limón
- ST. LUCIA — Lemon
- BARBADOS — Lemon
- CUBA — Limón
- AND MANY MORE ISLANDS!

GROWN WITH CARE
Lemon trees are nurtured with care and eco-friendly methods for a sustainable future.

SHARED WITH LOVE
A fruit that brings families and communities together across the islands.

PART OF OUR WORLD
Lemons are enjoyed in many warm places around the world.

ROOTED IN CULTURE
More than just a fruit, it's part of our traditions, celebrations, and island heritage.

YOURS TO ENJOY
Enjoy the zesty taste and goodness of Lemon—nature's gift to us all.

Our Islands. Our Flavors. Our Heritage.

CORE THRILLS

DISCOVER.
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TROPICAL FRUITS COMPANION GUIDE

FRUIT 39

LOQUAT

Sweet, Delicate, Truly Caribbean

The Loquat is a small, golden fruit with a sweet-tart flavor and silky texture. A cherished part of Caribbean gardens and markets, Loquat brings a unique taste of the islands and a reminder of sunny days, family yards, and nature's simple gifts.







MEET THE FRUIT

The Loquat (*Eriobotrya japonica*) is a small evergreen tree fruit in the rose family.
It has smooth, thin skin that ranges from yellow to deep orange. Inside, the flesh is soft, juicy, and sweet-tart, often surrounding 1 to 5 large, shiny brown seeds.
Loquat trees bloom in the fall and offer fruit in late winter to spring—a true sign of good things to come!



TASTE & TEXTURE

Loquat has a sweet, slightly tangy flavor with hints of citrus and apricot.
The texture is soft, juicy, and sometimes a little creamy—making it melt in your mouth!

Sweet, smooth, and oh so delicious!



WHERE IT GROWS

Loquat trees grow well in warm, subtropical climates.
They are widely grown throughout the Caribbean, as well as in parts of Asia, the Middle East, Mediterranean regions, and North and South America.



KNOWN AS

- English: Loquat
- Spanish: Níspero
- French: Nèfle du Japon
- Dutch: Japanse Mispel



ISLAND CONNECTION

Loquat trees are often found in home gardens, along roadsides, and in backyards across many Caribbean islands.
The fruit is shared among neighbors and loved in homemade treats, jams, juices, and desserts.

A taste of home, shared with love.



DID YOU KNOW?

- Loquat is rich in vitamin A, vitamin C, and fiber.
- It supports eye health, boosts immunity, and aids digestion.
- The leaves of the loquat tree are used in traditional remedies for coughs and sore throats.
- Loquat fruit is best enjoyed fresh and is very delicate—handle with care!



LOCAL NAMES ACROSS THE CARIBBEAN

- JAMAICA: Loquat
- HAITI: Nèfli
- GRENADA: Loquat
- TRINIDAD & TOBAGO: Loquat
- DOMINICAN REPUBLIC: Níspero
- ST. LUCIA: Loquat
- BARBADOS: Loquat
- CUBA: Níspero
- AND MANY MORE ISLANDS!

GROWN WITH CARE
Loquat trees are nurtured with care and eco-friendly methods for a sustainable future.

SHARED WITH LOVE
A fruit that brings families and communities together across the islands.

PART OF OUR WORLD
Loquat is enjoyed in many warm places around the world.

ROOTED IN CULTURE
More than just a fruit, it's part of our traditions, celebrations, and island heritage.

YOURS TO ENJOY
Enjoy the sweet-tart goodness of Loquat—nature's gift to us all.

Our Islands. Our Flavors. Our Heritage.

CORE THRILLS

DISCOVER.
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TROPICAL FRUITS COMPANION GUIDE

FRUIT 40

BARBADOS CHERRY (ACEROLA)

Tiny Fruit, Big Flavor, Truly Caribbean

The Barbados Cherry, also known as Acerola, is a small, vibrant fruit packed with flavor and incredible nutritional value. A favorite in Caribbean homes and gardens, it's enjoyed fresh, in juices, jams, and more. This little cherry is a natural burst of sweetness and wellness from the tropics.







MEET THE FRUIT

The Barbados Cherry (*Malpighia glabra*) is a small evergreen shrub or tree in the Malpighiaceae family. It produces round, slightly ribbed fruits that range from green to bright red when ripe.

The flesh is soft, juicy, and tart-sweet, surrounding a single hard pit. This little fruit is one of the richest natural sources of vitamin C!



TASTE & TEXTURE

Barbados Cherries are tart and tangy with a hint of sweetness.

The texture is soft and juicy, with a thin skin and a tender, almost silky flesh that bursts with flavor.

Tart, juicy, and bursting with goodness!



WHERE IT GROWS

Barbados Cherry grows well in warm, sunny climates.

It is commonly grown throughout the Caribbean, as well as in Central and South America, Southeast Asia, and parts of Africa.



KNOWN AS

- English: Barbados Cherry (Acerola)
- Spanish: Acerola
- French: Cerise des Antilles (Acérole)
- Dutch: Barbados Kers



ISLAND CONNECTION

Barbados Cherry is found in many backyards and roadside gardens across Caribbean islands.

It's often used in homemade juices, cordials, jams, and sauces, and is a staple in traditional remedies for colds and immune support.

A small fruit with deep roots in island life.



DID YOU KNOW?

- Barbados Cherry has one of the highest natural vitamin C contents of any fruit—up to 50 times more than oranges!
- It helps boost immunity and supports healthy skin.
- The fruit is highly perishable and best enjoyed fresh or made into juice or jam.
- It has anti-inflammatory and antioxidant properties.
- Birds love the fruit and help spread the seeds!



LOCAL NAMES ACROSS THE CARIBBEAN

- **JAMAICA** — Barbados Cherry
- **HAITI** — Serizé
- **GRENADA** — Barbados Cherry
- **TRINIDAD & TOBAGO** — Barbados Cherry
- **DOMINICAN REPUBLIC** — Acerola
- **ST. LUCIA** — Barbados Cherry
- **BARBADOS** — Barbados Cherry
- **CUBA** — Acerola
- **AND MANY MORE ISLANDS!**

GROWN WITH CARE
Barbados Cherry is nurtured with care and eco-friendly methods for a sustainable and healthy fruit.

SHARED WITH LOVE
A natural gift that strengthens families and communities across the Caribbean.

PART OF OUR WORLD
Barbados Cherry is enjoyed in many warm places around the world.

ROOTED IN CULTURE
More than just a fruit, it's part of our traditions, remedies, and island heritage.

YOURS TO ENJOY
Enjoy the tart-sweet taste and incredible benefits of Barbados Cherry—nature's little superfruit!

Our Islands. Our Flavors. Our Heritage.

CORE THRILLS

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TROPICAL FRUITS COMPANION GUIDE

FRUIT 41

CUSTARD APPLE

Creamy, Sweet, Truly Caribbean

The Custard Apple is a soft, sweet fruit with a creamy, custard-like flesh that melts in your mouth. A beloved treat in Caribbean homes, it's enjoyed fresh and is a true taste of the islands and tropical sunshine.







MEET THE FRUIT

The Custard Apple (*Annona reticulata*) is a small tropical tree in the Annonaceae family.
It produces round to heart-shaped fruits with a reddish, bumpy skin.
Inside, the flesh is soft, creamy, white, and sweet, with shiny black seeds.
It is best enjoyed when slightly soft and very ripe.



TASTE & TEXTURE

Custard Apple has a rich, sweet flavor with tropical notes.
The texture is creamy, smooth, and custard-like—almost like a natural dessert!

Creamy, sweet, and simply irresistible!



WHERE IT GROWS

Custard Apple trees grow well in warm, tropical climates.
They are widely grown throughout the Caribbean, as well as in Central and South America, South Asia, Southeast Asia, and parts of Africa.



KNOWN AS

- English: Custard Apple
- Spanish: Anona Roja
- French: Pomme Canelle
- Dutch: Rode Zuurappel



ISLAND CONNECTION

Custard Apple is a favorite in many Caribbean households. It's often shared with family and friends and used in desserts, milkshakes, smoothies, and traditional treats.

A taste of home, passed down through generations.



DID YOU KNOW?

- Custard Apple is rich in vitamin C, vitamin B6, and fiber.
- It supports immune health and good digestion.
- The fruit should feel slightly soft when ripe.
- The seeds are not eaten.
- The name comes from the creamy, custard-like texture of the flesh!



LOCAL NAMES ACROSS THE CARIBBEAN

- **JAMAICA** Sugar Apple
- **HAITI** Pomme Cannelle
- **GRENADA** Sugar Apple
- **TRINIDAD & TOBAGO** Custard Apple
- **DOMINICAN REPUBLIC** Anona
- **ST. LUCIA** Sugar Apple
- **BARBADOS** Sugar Apple
- **CUBA** Anona Roja
- **AND MANY MORE ISLANDS!**

GROWN WITH CARE
Custard Apple trees are nurtured with care and eco-friendly methods for a healthier planet.

SHARED WITH LOVE
A fruit that brings families and communities closer together.

PART OF OUR WORLD
Custard Apple is enjoyed in many warm places around the world.

ROOTED IN CULTURE
More than just a fruit, it's part of our traditions, remedies, and island heritage.

YOURS TO ENJOY
Enjoy the creamy sweetness of Custard Apple—nature's gift to us all.

Our Islands. Our Flavors. Our Heritage.

CORE THRILLS

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TROPICAL FRUITS COMPANION GUIDE

FRUIT 42

BEACH ALMOND

Sweet, Nutty, Truly Caribbean

The Beach Almond is a small, almond-shaped fruit that grows in sandy coastal areas across the Caribbean. It ripens in warm weather and holds a sweet, jelly-like pulp with a hard shell that protects an edible almond-like seed inside.









MEET THE FRUIT

The Beach Almond (Terminalia *catappa*) is a small tropical tree in the almond family. It produces oval fruits that ripen from green to bright red. Inside is a soft, sweet pulp and a hard shell with an edible almond-like-seed.



TASTE & TEXTURE

Beach Almond has a mild, sweet flavor with a soft, jelly-like pulp.

The texture is smooth and juicy outside, with a hard shell and a nutty kernel inside.

Sweet, jelly-like, and nutty inside!



WHERE IT GROWS

Beach Almond trees grow well in warm, sandy coastal areas.

They are widely grown throughout the Caribbean, in Central and South America, parts of West Africa, and along many tropical shorelines.



KNOWN AS

- English: *Beach Almond*
- Spanish: *Almendra de Playa*
- French: *Amande de Plage*
- Dutch: *Strand Amandel*





ISLAND CONNECTION

Beach Almond is a favorite in many Caribbean islands and is often used in drinks, jellies, and sweets.

The tree provides shade, protects shorelines, and adds natural beauty to beaches and parks.

A taste of home, passed down through generations.



DID YOU KNOW?

- Beach Almond is rich in vitamin C.
- The kernel inside the shell is edible and tastes like almond.
- The tree helps protect beaches from strong winds and erosion.
- The leaves change beautiful colors before they fall.



LOCAL NAMES ACROSS THE CARIBBEAN

- **JAMAICA** — Sea Almond
- **HAITI** — Amande de Plage
- **TRINIDAD & TOBAGO** — Beach Almond
- **BARBADOS** — Sea Almond
- **DOMINICAN REPUBLIC** — Almendra de Playa
- **ST. LUCIA** — Sea Almond
- **SURINAME** — Zee Amandel
- **CURAÇAO** — Strand Amandel
- **BVI** — Sea Almond

BOOSTS IMMUNITY
High in vitamin C that helps keep you strong and healthy.

GOOD FOR DIGESTION
The natural fiber supports healthy digestion and regularity.

KEEPS YOU HYDRATED
The juicy pulp helps refresh and keep your body hydrated.

PROTECTS THE PLANET
The tree prevents erosion and provides shade for coastal communities.

A TASTE OF CULTURE
Enjoyed in drinks and desserts that bring families together.

Our Islands, Our Flavors, Our Heritage

CORE THRILLS

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TROPICAL FRUITS COMPANION GUIDE

FRUIT 43

RED BANANA

Sweet, Creamy, Truly Caribbean

The Red Banana is a shorter, plump banana with a reddish purple skin and soft, creamy, sweet flesh. It grows in the tropical Caribbean and is enjoyed fresh as a snack or in desserts and smoothies.









MEET THE FRUIT

Red Bananas are a variety of banana (*Musa spp.*) known for their reddish-purple skin and sweet, creamy flesh. They are smaller and softer than Cavendish bananas and have a rich, unique flavor. Red Bananas are a delicious and nutritious treat.



TASTE & TEXTURE

Red Bananas have a sweet, rich flavor with a hint of berry-like taste.

The texture is soft, smooth, and creamy—perfect for eating fresh.

They are less starchy than common bananas and have a naturally sweet aroma.

Sweet, creamy, and full of flavor!

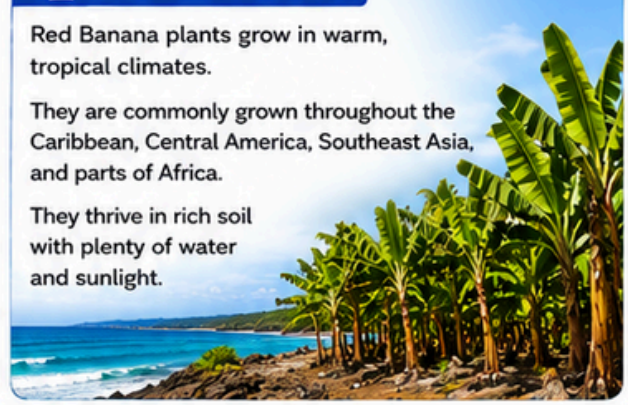


WHERE IT GROWS

Red Banana plants grow in warm, tropical climates.

They are commonly grown throughout the Caribbean, Central America, Southeast Asia, and parts of Africa.

They thrive in rich soil with plenty of water and sunlight.



KNOWN AS

- English: *Red Banana*
- Spanish: *Banano Rojo*
- French: *Banane Rouge*
- Dutch: *Rode Banaan*



ISLAND CONNECTION

Red Bananas are a favorite in many Caribbean islands and are often eaten fresh or used in smoothies, cakes, fritters, and other traditional treats.

A taste of the islands, enjoyed for generations.



DID YOU KNOW?

- Red Bananas are rich in vitamin B6 and vitamin C.
- They are a good source of potassium for heart and muscle health.
- The red color comes from natural antioxidants.
- They are sweeter and softer than regular bananas.



LOCAL NAMES ACROSS THE CARIBBEAN

- **JAMAICA** — Red Banana
- **HAITI** — Bannan Wouj
- **TRINIDAD & TOBAGO** — Red Banana
- **BARBADOS** — Red Banana
- **DOMINICAN REPUBLIC** — Banana Roja
- **ST. LUCIA** — Red Banana
- **SURINAME** — Rode Banaan
- **CURAÇAO** — Rooi Banaan
- **BVI** — Red Banana

BOOSTS IMMUNITY
High in vitamin C that helps keep you strong and healthy.

GOOD FOR DIGESTION
The natural fiber supports healthy digestion and regularity.

KEEPS YOU HYDRATED
Red Bananas contain potassium which helps balance fluids in your body.

SUPPORTS HEART HEALTH
Potassium helps support healthy blood pressure and heart function.

A TASTE OF CULTURE
Enjoyed in island recipes and treats that bring families together.

Our Islands, Our Flavors, Our Heritage

CORE THRILLS

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TROPICAL FRUITS COMPANION GUIDE

FRUIT 44

NANCE

Sweet, Tangy, Truly Caribbean

The Nance is a small, round fruit with smooth yellow skin and soft, jelly-like flesh. It grows in the tropical Caribbean and is loved for its sweet and tangy taste. Nance fruits are enjoyed fresh, in drinks, jellies, and desserts.









MEET THE FRUIT

Nance (*Byrsonima crassifolia*) is a small evergreen tree that produces sweet, tangy fruits. The fruit is yellow when ripe, with soft, translucent flesh and a large seed. Nance is a special treat in the Caribbean and is often used to make refreshing drinks and delicious jellies.



TASTE & TEXTURE

Nance has a sweet and tangy flavor that is refreshing and slightly tart.

The texture is soft, jelly-like, and juicy with one large seed in the center.

It is cool, smooth, and melts in your mouth!

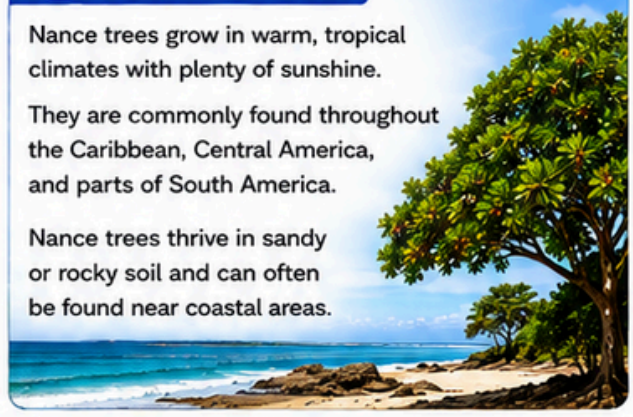


WHERE IT GROWS

Nance trees grow in warm, tropical climates with plenty of sunshine.

They are commonly found throughout the Caribbean, Central America, and parts of South America.

Nance trees thrive in sandy or rocky soil and can often be found near coastal areas.



KNOWN AS

- English: *Nance*
- Spanish: *Nance*
- French: *Nance*
- Dutch: *Nanse*



ISLAND CONNECTION

Nance is a favorite in many Caribbean households. It is used to make juices, jellies, and preserves that are passed down from generation to generation.

A taste of the islands, cherished in every sweet bite.



DID YOU KNOW?

- Nance is rich in vitamin C and antioxidants.
- The fruit helps support a healthy immune system.
- Nance trees have thick leaves that help protect the fruit from the sun.
- The seed is not eaten.



LOCAL NAMES ACROSS THE CARIBBEAN

- JAMAICA — Nance
- HAITI — Nans
- TRINIDAD & TOBAGO — Nansé
- BARBADOS — Nance
- DOMINICAN REPUBLIC — Nance
- ST. LUCIA — Nance
- SURINAME — Nance
- CURAÇAO — Nanse
- BVI — Nance

BOOSTS IMMUNITY
High in vitamin C that helps keep you strong and healthy.

GOOD FOR DIGESTION
The natural fiber supports healthy digestion and regularity.

KEEPS YOU HYDRATED
The juicy pulp helps refresh and cool your body.

RICH IN ANTIOXIDANTS
Antioxidants help protect your cells from damage and support overall health.

A TASTE OF CULTURE
Enjoyed in drinks, jellies, and sweets that bring families together.

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TROPICAL FRUITS COMPANION GUIDE

FRUIT 45

DAMSEL

Sweet, Juicy, Truly Caribbean

The Damsel Fruit is a small, round fruit with thin purple to reddish skin and soft, juicy, sweet-tart flesh. It grows in the tropical Caribbean and is a favorite for eating fresh or making drinks, jellies, and desserts.









MEET THE FRUIT

The Damsel Fruit (Pouteria sapota) grows on a small to medium tree. The fruit is round, about 1 to 2 inches wide, with thin skin that changes from green to red and then deep purple when ripe. The flesh is soft, juicy, and sweet-tart with one large, shiny, dark brown to black seed.



TASTE & TEXTURE

Damsel Fruit has a sweet-tart flavor that is refreshing, juicy, and slightly tangy.

The texture is soft, jelly-like, and melts in your mouth, releasing sweet juice.

Sweet and tangy with a burst of island goodness!



WHERE IT GROWS

Damsel trees grow in warm, tropical climates.

They are commonly found throughout the Caribbean, Central America, and parts of South America.

The trees thrive in well-drained soil and are often seen in homeyards, forests, and along coastal areas.



KNOWN AS

- English: Damsel Fruit
- Spanish: Zapotillo
- French: Sapotille
- Dutch: Sapodilla Pruim



ISLAND CONNECTION

Damsel Fruit is cherished across many Caribbean islands. It is enjoyed fresh, blended into cool juices, or cooked into jellies and traditional treats.

A taste of the islands, shared through generations.



DID YOU KNOW?

- Damsel Fruit is rich in vitamin C and antioxidants.
- It helps support a healthy immune system.
- The fruit is great for hydration and provides natural energy.
- The seed is not eaten.



LOCAL NAMES ACROSS THE CARIBBEAN

JAMAICA Damsel Fruit
HAITI Damsel
TRINIDAD & TOBAGO Damsel Fruit
BARBADOS Damsel Fruit
DOMINICAN REPUBLIC Damsel
ST. LUCIA Damsel Fruit
SURINAME Damsel
CURAÇAO Damsel
BVI Damsel Fruit

BOOSTS IMMUNITY
High in vitamin C that helps keep you strong and healthy.

GOOD FOR DIGESTION
The natural fiber supports healthy digestion and regularity.

KEEPS YOU HYDRATED
The juicy fruit helps refresh and cool your body.

RICH IN ANTIOXIDANTS
Antioxidants help protect your cells from damage and support overall health.

A TASTE OF CULTURE
Enjoyed in drinks, jellies, and sweets that bring families together.

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TROPICAL FRUITS COMPANION GUIDE

FRUIT 46

MOUNTAIN GUAVA

Sweet, Fragrant, Truly Caribbean

The Mountain Guava is a small, round fruit with red to pink skin and sweet, fragrant flesh. It grows in the tropical Caribbean and is enjoyed fresh or used in drinks, jellies, and desserts.









MEET THE FRUIT

The Mountain Guava (*Psidium cattleianum*) is a small evergreen tree or shrub that grows in cool, highland areas. The fruit is about 1 to 2 inches wide, with thin red to pink skin and soft, sweet, aromatic flesh filled with tiny edible seeds. It is a favorite wild fruit in the Caribbean.



TASTE & TEXTURE

Mountain Guava has a sweet, fragrant flavor with a hint of tropical rose.

The texture is soft and juicy, with many tiny seeds that add a pleasant crunch.

Sweet, aromatic, and refreshing in every bite!



WHERE IT GROWS

Mountain Guava trees grow in cool, highland areas of the Caribbean.

They are commonly found throughout the Caribbean, in Central America, and parts of South America.

The trees prefer rich, well-drained soil and are often seen in mountainous regions and forests.

KNOWN AS

- English: Mountain Guava
- Spanish: Guayaba de Monte
- French: Goyavier Montagnard
- Dutch: Berg Guave



ISLAND CONNECTION

Mountain Guava is loved in many Caribbean islands and is often used to make fresh juices, jellies, jams, and traditional treats.

A taste of the mountains, enjoyed and passed down for generations.



DID YOU KNOW?

- Mountain Guava is rich in vitamin C and antioxidants.
- It helps support a healthy immune system.
- The fruit is good for digestion and overall wellness.
- The seeds are small, soft, and completely edible.





JAMAICA Mountain Guava
HAITI Goyav Mawon
TRINIDAD & TOBAGO Mountain Guava
BARBADOS Mountain Guava
DOMINICAN REPUBLIC Guayaba de Monte
ST. LUCIA Mountain Guava
SURINAME Mountain Guava
CURAÇAO Mountain Guava
BVI Mountain Guava

BOOSTS IMMUNITY
High in vitamin C that helps keep you strong and healthy.

GOOD FOR DIGESTION
The natural fiber supports healthy digestion and regularity.

KEEPS YOU HYDRATED
The juicy fruit helps refresh and cool your body.

RICH IN ANTIOXIDANTS
Antioxidants help protect your cells from damage and support overall health.

A TASTE OF CULTURE
Enjoyed in drinks, jellies, and sweets that bring families together.

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TROPICAL FRUITS COMPANION GUIDE

FRUIT 47

SOUR ORANGE

Tart, Tangy, Truly Caribbean



The Sour Orange is a small, round fruit with green skin and tart, tangy, juicy flesh. It grows in the tropical Caribbean and is a favorite for juices, marinades, jellies, and traditional remedies.







MEET THE FRUIT

The Sour Orange (*Citrus aurantium*) is a small evergreen tree tart grows in warm, tropical areas. The fruit is about 1 to 2 inches wide, with green, bumpy skin that turns more yellowish when ripe.
The flesh is juicy, tart, and full of seeds. Sour Orange is widely used in the Caribbean for its bold flavor and many traditional uses.



TASTE & TEXTURE

Sour Orange has a strong, tangy flavor that is tart and refreshing. It is less sweet than sweet oranges and has a citrusy kick.

The texture is juicy and pulpy, with many seeds and a bold, sharp taste.

Tart, tangy, and full of Caribbean zest!



WHERE IT GROWS

Sour Orange trees grow in warm, tropical climates.

They are commonly found throughout the Caribbean, Central America, and parts of South America.

The trees prefer well-drained soil and plenty of sunlight and are often seen in home gardens, orchards, and farms.



KNOWN AS



- **English:** Sour Orange
- **Spanish:** Naranja Agria
- **French:** Orange Amère
- **Dutch:** Zure Sinaasappel

ISLAND CONNECTION

Sour Orange is used in many Caribbean dishes, from marinades and sauces to homemade drinks, jellies, and remedies.

A taste of our islands, preserved in tradition and passed down through generations.



DID YOU KNOW?

- Sour Orange is rich in vitamin C and antioxidants.
- It helps support a healthy immune system.
- The juice is great for digestion and refreshing drinks.
- The fruit is often used as a natural cleanser and in home remedies.





- **JAMAICA** Sour Orange
- **HAITI** Sour Orange
- **TRINIDAD & TOBAGO** Sour Orange
- **BARBADOS** Sour Orange
- **DOMINICAN REPUBLIC** Naranja Agria
- **ST. LUCIA** Sour Orange
- **SURINAME** Zure Sinaasappel
- **CURAÇAO** Zure Sinaasappel
- **BVI** Sour Orange

BOOSTS IMMUNITY
High in vitamin C that helps keep you strong and healthy.

GOOD FOR DIGESTION
The natural acids help support healthy digestion and cleansing.

KEEPS YOU HYDRATED
The juicy fruit helps refresh and cool your

RICH IN ANTIOXIDANTS
Antioxidants help protect your cells from damage and support overall health.

A TASTE OF CULTURE
Enjoyed in drinks, jellies, and recipes that bring families together.

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TROPICAL FRUITS COMPANION GUIDE

FRUIT 48

BAOBAB

Ancient, Nutritious, Truly Caribbean

The Baobab is a unique fruit from the "Tree of Life." It has a hard, oval shell and dry, powdery pulp inside that is tangy, citrusy, and packed with nutrients. It grows in the tropical Caribbean and is used in drinks, snacks, and traditional remedies.









MEET THE FRUIT

The Baobab (*Adansonia digitata*) is a large tree known for its thick trunk and long lifespan. The fruit is oval shaped, about 6 to 12 inches long, with a hard, woody shell that turns brown when ripe. Inside is dry, white to cream pulp with small black seeds embedded in it. The pulp has a tart, citrus-like flavor. It is a superfruit cherished across the Caribbean.



TASTE & TEXTURE

Baobab pulp has a tangy, citrusy flavor—like a mix of lemon, grapefruit, and pear.

The texture is dry and powdery with a slightly crunchy bite from the seeds.

Tart, refreshing, and full of natural goodness!

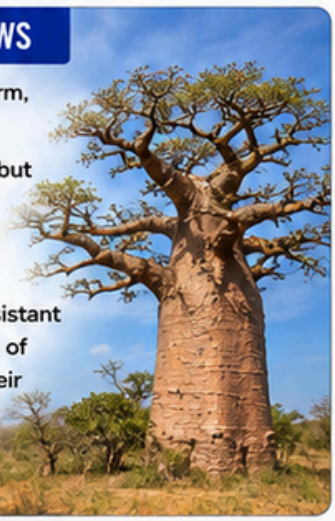


WHERE IT GROWS

Baobab trees grow in warm, tropical climates.

They are native to Africa but thrive in the Caribbean, especially in dry, coastal and rural areas.

The trees are drought-resistant and can live for hundreds of years, storing water in their massive trunks.



KNOWN AS

- English: Baobab
- Spanish: Fruta de Baobab
- French: Fruit du Baobab
- Dutch: Baobabvrucht



ISLAND CONNECTION

Baobab is used in many Caribbean islands to make refreshing drinks, smoothies, candies, and even natural energy snacks.

A gift from nature, used in tradition and enjoyed by generations.



DID YOU KNOW?

- Baobab is one of the richest natural sources of vitamin C.
- It supports healthy digestion and gut health.
- The pulp helps boost energy and reduce fatigue.
- Baobab is a natural electrolyte and helps with hydration.
- Every part of the tree is useful—fruit, leaves, bark, and seeds!



LOCAL NAMES ACROSS THE CARIBBEAN

JAMAICA Baobab	BARBADOS Baobab	SURINAME Baobab
HAITI Baobab	DOMINICAN REPUBLIC Árbol de Panza	CURAÇAO Baobab
TRINIDAD & TOBAGO Baobab	ST. LUCIA Baobab	BVI Baobab

BOOSTS IMMUNITY
High in vitamin C to help keep your immune system strong.

GOOD FOR DIGESTION
Supports healthy digestion and helps soothe the gut.

KEEPS YOU HYDRATED
Natural electrolytes help maintain fluid balance and energy.

RICH IN ANTIOXIDANTS
Antioxidants help protect your cells from damage and support overall health.

A TASTE OF CULTURE
Enjoyed in drinks, treats, and traditions across Caribbean islands.

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TROPICAL FRUITS COMPANION GUIDE

FRUIT 49

TANGERINE

Sweet, Juicy, Truly Caribbean

The Tangerine is a small, easy-to-peel citrus fruit with bright orange skin and sweet, juicy segments. It grows in the tropical Caribbean and is enjoyed fresh or used in juices, desserts, and snacks.









MEET THE FRUIT

The Tangerine (*Citrus reticulata*) is a small citrus tree that grows in warm, tropical climates. The fruit is about 2 to 3 inches wide, with smooth, thin skin that is easy to peel. Inside, it has tender, juicy segments that are sweet, slightly tangy, and seedless or with few seeds. Tangerines are a favorite in the Caribbean for their sweet taste and refreshing flavor.



TASTE & TEXTURE

Tangerines have a sweet, juicy flavor with a mild tang that is refreshing and light.

The texture is soft and juicy, with easy-to-separate segments that melt in your mouth.

Sweet, juicy, and perfectly refreshing!



WHERE IT GROWS

Tangerine trees grow in warm, tropical climates.

They are commonly found throughout the Caribbean, Central America, and parts of South America.

The trees prefer well-drained soil and plenty of sunlight and are often seen in home gardens, orchards, and farms.



KNOWN AS

- English: Tangerine
- Spanish: Mandarina
- French: Mandarine
- Dutch: Mandarijn



ISLAND CONNECTION

Tangerines are loved in many Caribbean homes. They are enjoyed fresh, squeezed into juices, added to fruit salads, or used in desserts and homemade treats.

A taste of the islands, shared with family and friends.



DID YOU KNOW?

- Tangerines are rich in vitamin C and antioxidants.
- They help support a healthy immune system.
- The fruit is good for digestion and keeps you hydrated.
- Tangerines are easy to peel and perfect for a healthy snack!



LOCAL NAMES ACROSS THE CARIBBEAN

- JAMAICA — Tangerine
- HAITI — Tangerine
- TRINIDAD & TOBAGO — Tangerine
- BARBADOS — Tangerine
- DOMINICAN REPUBLIC — Mandarina
- ST. LUCIA — Tangerine
- SURINAME — Tangerine
- CURAÇAO — Tangerine
- BVI — Tangerine

BOOSTS IMMUNITY
High in vitamin C that helps keep you strong and healthy.

GOOD FOR DIGESTION
The natural fiber supports healthy digestion and regularity.

KEEPS YOU HYDRATED
Juicy and refreshing, it helps keep your body cool and hydrated.

RICH IN ANTIOXIDANTS
Antioxidants help protect your cells from damage and support overall health.

A TASTE OF CULTURE
Enjoyed in drinks, desserts, and recipes that bring families together.

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TROPICAL FRUITS COMPANION GUIDE

FRUIT 50

STAR GOOSEBERRY

Tart, Juicy, Truly Caribbean



The Star Gooseberry is a small, round fruit that grows in clusters along the tree trunk and branches. It has a thin, translucent skin and tart, juicy flesh with a slightly sweet flavor. It grows in the tropical Caribbean and is enjoyed fresh, in preserves, and in traditional dishes.







MEET THE FRUIT

The Star Gooseberry (*Phyllanthus acidus*) is a small to medium tree that grows in tropical climates. The fruit grows in dense clusters directly on the trunk and branches. The berries are round, about 1 to 1.5 inches wide, with thin, smooth skin that is pale yellow to light green when ripe. The flesh is juicy, tart, and slightly sweet, often with a crisp texture and several small, edible seeds.



TASTE & TEXTURE

Star Gooseberries have a tart, tangy flavor with a hint of sweetness. They are juicy and refreshing.

The texture is tender and crisp when bitten, with a slightly citrusy taste.

Tart, juicy, and perfectly refreshing!



WHERE IT GROWS

Star Gooseberry trees grow in warm, tropical climates.

They are commonly found throughout the Caribbean, Southeast Asia, and parts of South America.

The trees prefer well-drained soil and plenty of sunlight and are often seen in home gardens, orchards, and farms.



KNOWN AS

- English: Star Gooseberry
- Spanish: Grosella Estrella
- French: Groseille Étoilée
- Dutch: Sterrenkruisbes



ISLAND CONNECTION

Star Gooseberry is used in many Caribbean homes. It is enjoyed fresh, pickled with salt or sugar, made into jellies, chutneys, sauces, and refreshing drinks.

A taste of the islands, cherished in recipes and passed down through generations.



DID YOU KNOW?

- Star Gooseberry is rich in vitamin C and antioxidants.
- It helps support a healthy immune system.
- The fruit aids digestion and helps cool the body.
- It is often used in traditional remedies for stomach and skin health.



LOCAL NAMES ACROSS THE CARIBBEAN

JAMAICA Star Gooseberry	BARBADOS Star Gooseberry	SURINAME Sterrenkruisbes
HAITI Groselle Peyi	DOMINICAN REPUBLIC Grosella Estrella	CURAÇAO Sterrenkruisbes
TRINIDAD & TOBAGO Star Gooseberry	ST. LUCIA Star Gooseberry	BVI Star Gooseberry

BOOSTS IMMUNITY
High in vitamin C to help keep your immune system strong.

GOOD FOR DIGESTION
Helps improve digestion and supports a healthy stomach.

KEEPS YOU HYDRATED
The juicy fruit helps refresh and cool your body.

RICH IN ANTIOXIDANTS
Antioxidants help protect your cells from damage and support overall health.

A TASTE OF CULTURE
Enjoyed in fresh snacks, preserves, dishes, and family traditions.

Our Islands, Our Flavors, Our Heritage