

Mammea americana

Common name(s)

Mamey, Mammea, Mammee-apple,

Edible portion:

Fruit,



Distribution

It is a tropical plant. It can grow in the subtropics. It grows in areas with 1,500 mm of rain per year. It is damaged by frost. They will grow in a range of soils. It cannot tolerate poor drainage. It suits hardiness zones 10-12.

Description

A medium sized evergreen tree. It grows 20-25 m tall. The leaves are glossy and oval. They are 10-20 cm long by 5-10 cm wide. The leaves are thick and have many parallel veins. Trees may have male and female flowers or they can be on separate trees. The flowers are showy and white. They are 5 cm across. The fruit is large, round, brown and sweet. They are 10-20 cm across. The skin is rough and leathery. It is about 3 mm thick. The flesh is deep orange. There are 4 seeds.

Use

The fruit is eaten fresh or cooked or used in jams. The fruit are best if sliced and left in water for a few hours.

They are used to make ice-cream, drinks and preserves.

The fruit can also be eaten with sugar and cream.

The flowers are used to make an aromatic liqueur.

The sap of the tree is used to make a fermented toddy.

Cultivation

Plants are normally grown from seed. Seed take 2 months to germinate. Cuttings and grafting are sometimes used.

Production

Seedling trees produce in 6-10 years. Grafted trees produce after 4-5 years. A fruit can weigh 600-700 g.

Nutritional values

Edible Part	Moisture %	Energy kJ	Energy kcal	Protein g	Provit A μg	Vit C mg	Iron mg	Zinc mg
(per 100 grams of edible portion)								
Fruit	86.8	197	47	0.6	50	16	0.8	0.1



Please Note: Except where otherwise noted, content on this site is licensed under a Creative Commons Attribution 3.0 Licence.- this means you can share it freely, as is and with acknowledgement.

Indexing Data (print optional)

Found in

Africa, Amazon, Antilles*, Antigua and Barbuda, Asia, Australia, Bahamas, Barbados, Belize, Benin, Bermuda, Brazil, Caribbean, Central America, China, Colombia, Costa Rica, Cuba, Dominica, Dominican Republic, Ecuador, El Salvador, Fiji, French Guiana, Grenada, Guadeloupe, Guatemala, Guianas, Guyana, Haiti*, Hawaii, Hispaniola, India, Indonesia, Jamaica, Lesser Antilles*, Martinique, Mexico, Montserrat, Nicaragua, North America, Pacific, Panama, Philippines, Puerto Rico, SE Asia, Sierra Leone, South America, St. Kitts and Nevis, St. Vincent and Grenadines, Suriname, Taiwan, Trinidad and Tobago, USA, Venezuela, Virgin Islands, West Africa, West Indies,

Synonyms

Mammea emarginata Moc. & Sesse ex DC.;

Other common names

Abirico, Abrico, Abricote, Abricot d'Amerique, Akgchixitjak, Albricoque, Birico, Chacalhaaz, Mamey amarillo, Mamey de Santo Domingo, Mami, Mammee, Nomon,

REFERENCES

Ambasta, S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 353

Barwick, M., 2004, Tropical and Subtropical Trees. A Worldwide Encyclopedic Guide. Thames and Hudson p 262

Burkill, H. M., 1985, The useful plants of west tropical Africa, Vol. 5. Kew.

Burkill, I.H., 1966, A Dictionary of the Economic Products of the Malay Peninsula. Ministry of Agriculture and Cooperatives, Kuala Lumpur, Malaysia. Vol 2 (I-Z) p 1422

Coronel, R.E., 1982, Fruit Collections in the Philippines. IBPGR Newsletter p 10

D'Ambrosio, U., & Puri, R. K., 2016, Foodways in transition: food plants, diet and local perceptions of change in a Costa Rican Ngäbe community. Journal of Ethnobiology and Ethnomedicine (2016) 12:3 p 22

Darley, J.J., 1993, Know and Enjoy Tropical Fruit. P & S Publishers. p

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 79

FAO, 1993, Valor Nutritivo Y Usis en Alimentacion humana de Algunis Cultivos Autoctonos Subexplotados de Mesoamerica. FAO, Santiago, Chile. p 10

Gervais, L. & Lavigne, C., 2007, Mamey (*Mammea americana* L.) in Martinique Island: an inheritance to be developed. Fruits, Vol. 62, -. 237-246

Grandtner, M. M., 2008, World Dictionary of Trees. Wood and Forest Science Department. Laval University, Quebec, Qc Canada. (Internet database <http://www.wdt.qc.ca>)

Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 400

Hernandez Bermejo, J.E., and Leon, J. (Eds.), 1994, Neglected Crops. 1492 from a different perspective. FAO Plant Production and Protection Series No 26. FAO, Rome. p15

Hu, Shiu-ying, 2005, Food Plants of China. The Chinese University Press. p 561

INFOODS:FAO/INFOODS Databases

Jardin, C., 1970, List of Foods Used In Africa, FAO Nutrition Information Document Series No 2.p 147

John, L., & Stevenson, V., 1979, The Complete Book of Fruit. Angus & Robertson p 288

Kiple, K.F. & Ornelas, K.C., (eds), 2000, The Cambridge World History of Food. CUP p 1808

Leal, M. L. et al, 2018, Knowledge, use, and disuse of unconventional food plants. Journal of Ethnobiology and Ethnomedicine (2018) 14:6

Llamas, K.A., 2003, Tropical Flowering Plants. Timber Press. p 173

Lorenzi, H., Bacher, L., Lacerda, M. & Sartori, S., 2006, Brazilian Fruits & Cultivated Exotics. Sao Paulo, Instituto Plantarum de Estudos da Flora Ltda. p 380

Macmillan, H.F. (Revised Barlow, H.S., et al) 1991, Tropical Planting and Gardening. Sixth edition. Malayan Nature Society. Kuala Lumpur. p 303

Martin, F. W., et al, 1987, Perennial Edible Fruits of the Tropics. USDA Handbook 642 p 30

Melander, M., 2007, Endangered plants on the market in Havana City, Cuba. Uppsala University, Sweden p 19

Miguel, E., et al, 1989, A checklist of the cultivated plants of Cuba. Kulturpflanze 37. 1989, 211-357

Morton, J. F., 1987, Fruits of Warm Climates. Wipf & Stock Publishers p 304

NYBG Herbarium "edible"

Omwale, 1973, Guyana's edible plants. Guyana University, Georgetown p 30