

Getting close to tropical fruits was a lot of fun.





Sampling fruits at a roadside market.  
Matt looks attached to that pineapple.





Mango (*Mangifera indica*)





Flowers and fruits in mango.  
Mango is in the cashew family (Anacardiaceae).





Cashew (*Anacardium*) nuts are produced at the top of a swollen edible flower stem called a cashew apple.



Flowers



Fruit



Soursop (*Annona muricata*) is the most common *Annona* species in Costa Rica where it is sold as guanábana.



Soursop



Soursup being sold by a roadside vendor along with ice cream bean.





Soursop flowers and fruits form along the main stem of the tree.





Biriba (*Rollinia deliciosa*) is another member of the Annonaceae grown in Costa Rica. It was a favorite fruit grown at Punta Mona.





We saw Jackfruit (*Artocarpus heterophyllus*) growing at several farms in Costa Rica. Fruits can reach a yard long and weigh over 80 pounds.





Breadfruit (*Artocarpus altilis*) is a jackfruit relative. It was the mission of the HMS Bounty to bring breadfruit to the Caribbean that led to the Mutiny on the Bounty.





William Bligh was the captain during the Mutiny on the Bounty. Akee (*Blighia sapida*) is a tropical fruit in the soapberry family (*Sapindaceae*) named after Captain Bligh.



The edible portion is the aril around the seeds. It is used in Jamaican cooking, but using the immature aril before the seed turns black is poisonous.





The soapberry family contains numerous tropical fruits including lychee and ramboutan. Mamón (*Melicoccus bijugatus*) was common in Costa Rica.



Mamón



Nance (*Byrsonima crassifolia*) appears similar to Mamón but is in the Malpighi family (Malpighiaceae). It can be eaten fresh, but in Costa Rica, it is mixed with Cacique guaro (sugar cane rum) and allowed to ferment to a homemade wine or distilled into a liquor called crema de nance.





Along with different kinds of citrus, this market had ice cream bean, Malay apple, and passion fruit.



Ice cream bean

Malay apple

Passion fruit



We were able to buy ice cream bean (*Inga*) from a roadside vendor.





Ice cream bean is a legume with a long pod with an edible covering around the seed.





Enjoying ice cream bean.





Passion fruit (*Passiflora*) is also called granadilla and can be eaten fresh or used in fruit drinks.





# Passion fruit (*Passiflora*)



Jamie sampling passion fruit.





Malay apple or Manzana de agua (*Syzygium samaragense*) in the myrtle family (Myrtaceae) is usually eaten fresh.





Surinam cherry (*Eugenia uniflora*) is another member of the Myrtaceae with sweet edible fruits.





Also related is arazá (*Eugenia stipitata*).





Mark and Matt taking a closer look at Arazá (*Eugenia stipitata*).





Guava (*Psidium guajava*) is another myrtle relative used mostly for juice.





Cas or Costa Rican guava  
(*Psidium friedrichsthalianum*)  
is native to Costa Rica is also  
used for fruit drinks.





Noni (*Morinda citrifolia*) produces an interesting fruit that is high in vitamin C, but has an unpleasant odor.





Star fruit (*Averrhoa carambola*) is a familiar tropical fruit commonly used as a natural drink in Costa Rica.





However, its relative bilimbi or mimbro (*Averrhoa bilimbi*) is not as well known. It is high in Vitamin C and is used in Costa Rica in picadillo or relishes.





Coconut (*Cocos nucifera*) was common especially on the Caribbean side of Costa Rica.





Coconut drinks were commonly available from street vendors.





Peach palm or Pejibaye (*Bactris gasipaes*) is the major palm used for hearts of palm. Hearts of palm comes from the center cylinder of the stem.





Peach palm fruit is also edible.





The fruits are boiled to cook and soften the "nut".





The outer skin is cut off  
with a knife.





The inner seed is traditionally eaten with a little mayonnaise.





Banana and plantains (*Musa*) were common.





The flowers in banana are either male or female and wonderfully detailed.

