

Pouteria sapota

Pouteria sapota, **mamey sapote**, is a species of tree native to Central America, naturally ranging from southern Mexico to southern Costa Rica. Today, the tree is cultivated not only in Mexico, but also in Central America, the Caribbean, and South Florida for its fruit, which is commonly eaten in many Latin American countries. It has different names depending on the country: mamey (Cuba), *zapote colorado* (Costa Rica), *níspero* and *zapote rojo* (South America), among others.

1 Description



A cluster of *Pouteria sapota* leaves



Mamey sapote is a large and highly ornamental evergreen tree that can reach a height of 15 to 45 meters (60 to 140 feet) at maturity. Like most fruit trees, it is mainly

propagated by grafting, which ensures the new plant has the same characteristics as the parent, especially its fruit. It is also considerably faster than growing trees by seed.

The leaves are pointed at both ends, 4 to 12 inches in length and grow in clusters at the ends of branches.

The fruit is about 10 to 25 cm (4 to 10 inches) long and 8 to 12 cm (3 to 5 inches) wide and has flesh ranging in color from pink to orange to red. The brown skin has a texture somewhat between sandpaper and the fuzz on a peach. The fruit's texture is creamy and soft. A mamey sapote is ripe when the flesh is pink when a fleck of the skin is removed. The flesh should give slightly, as with a ripe kiwifruit.

The mamey sapote is related to other sapotes such as *sapodilla* (*Manilkara zapota*), *abiu* (*P. caimito*) and *canistel* (*P. campechiana*), but unrelated to the black sapote (*Diospyros digyna*) and white sapote (*Casimiroa edulis*).^[2] It should not be confused with the mamee apple (*Mammea americana*).



Mammea americana, a similar-looking but unrelated fruit.

2 Uses

The fruit is eaten raw or made into milkshakes, smoothies, ice cream and fruit bars. It can be used to produce marmalade and jelly.^[3] Some consider the fruit to be an aphrodisiac. Some beauty products use oil pressed from the seed,^[4] otherwise known as sapayul oil.^[5]

3 Nutrition

The fruit is an excellent source of vitamin B6 and vitamin C, and is a good source of riboflavin, niacin, vitamin E, manganese, potassium and dietary fiber. Research has identified several new carotenoids from the ripe fruit.^{[6][7]}

4 Synonyms^[1]

- *Achras mammosa* Bonpl. ex Miq. nom. illeg.
- *Achras zapota* var. *major* Jacq.
- *Bassia jussiaei* Griseb.
- *Bassia jussiaei* Tussac
- *Calocarpum huastecanum* Gilly
- *Calocarpum mammosum* var. *bonplandii* (Kunth) Pierre
- *Calocarpum mammosum* var. *candollei* (Pierre) Pierre
- *Calocarpum mammosum* var. *ovoideum* (Pierre) Pierre
- *Calocarpum sapota* (Jacq.) Merr.
- *Calospermum mammosum* var. *bonplandii* (Kunth) Pierre
- *Calospermum mammosum* var. *candollei* Pierre
- *Calospermum mammosum* var. *ovoidea* Pierre
- *Calospermum parvum* Pierre
- *Lucuma bonplandiiv* Kunth
- *Sapota mammosa* Mill.
- *Sideroxylon sapota* Jacq.
- *Sideroxylum sapota* Jacq.

5 See also

- Sapodilla

6 References

- [1] "The Plant List".
- [2] Boning, Charles R. (2006). *Florida's Best Fruiting Plants: Native and Exotic Trees, Shrubs, and Vines*. Sarasota, Florida: Pineapple Press, Inc. p. 139. ISBN 1561643726.

- [3] Jamieson, G. S.; McKinney, R. S. (1931). "Sapote (mammy apple) seed and oil". *Oil & Fat Industries* **8**: 255. doi:10.1007/BF02574575.
- [4] Molly Chadwick (11 January 2011). "Emerald Forest® Botanical Hair Care With Rainforest Sapayul Comits to More Natural Products With Introduction of Paraben Free Shampoos And Conditioners". Encinitas, CA: PRWEB. Retrieved 29 August 2014. Sapayul oil comes from the seeds of Sapote, a fruit indigenous to the Central American rainforests and an ancient Mayan secret for beautiful, soft, and shiny hair.
- [5] Anita Grant (14 December 2006). "Organic Sapote Seed Oil (inci: Pouteria Sapota, Zapote, Mamey Sapote, Zapayul, Sapayul)". *anitagrants.com's photostream*. Flickr. Retrieved 25 August 2011. Organic Sapote Seed Oil (inci: Pouteria Sapota, Zapote, Mamey Sapote, Zapayul, Sapayul)
- [6] Murillo E, McLean R, Britton G, Agócs A, Nagy V, Deli J (2011). "Sapotexanthin, an A-provitamin carotenoid from red mamey (*Pouteria sapota*)". *J Nat Prod*. **74** (2): 283–5. doi:10.1021/np1006982. PMID 21214217.
- [7] Gulyás-Fekete G, Murillo E, Kurtán T, Papp T, Illyés TZ, Drahos L, Visy J, Agócs A, Turcsi E, Deli J (2013). "Cryptocapsinepoxide-Type Carotenoids from Red Mamey, *Pouteria sapota*". *J Nat Prod*. **76** (4): 607–14. doi:10.1021/np3007827. PMID 23451823.

7 External links

- TradeWinds Fruit: Mamey Sapote
- New Crop Resource Online Program: Sapote

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