PLANT FACT SHEET

Pouteria glomerata (Miquel) Radlkofer

GENUS *Pouteria* **FAMILY** Sapotaceae

COMMON NAMES Abio, Glomerate pouteria

EDIBLE PARTS AND USES

Edible parts: Seeds, Fruit, Nuts

The ripe fruit are eaten fresh. Some kinds are sweet and eaten raw. They can cause constipation if eaten in large amounts.

DESCRIPTION

A medium sized tree. It grows 20 m tall. The trunk can be slightly fluted. The leaves are simple and alternate. The leaves are clustered at the ends of branches and arranged in spirals. They are 6-20 cm long by 3-6 cm wide. The leaves are widest above the middle. The leaves are silvery underneath. The flowers are small and in clusters on the branches below the leaves. There are 2-10 in a group. The fruit are round with a short sharp point. They are 3-9 cm long. The fruit turn yellow when ripe. There can be one or several seeds.

HABITAT

A tropical plant. It grows in wet forests. It is often along river banks and in flooded land. It grows from sea level to 1,300 m above sea level. It is native to Mexico and El Salvador. It can grow on limestone soils.

NOTES

There are about 150-320 Pouteria species. They grow in the tropics.

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