PLANT FACT SHEET

Couepia polyandra (Kunth) Rose

GENUS *Couepia* **FAMILY** Chrysobalanaceae

COMMON NAMES Sun Sapote

EDIBLE PARTS AND USES

Edible parts: Fruit

The fruit is eaten fresh.

DESCRIPTION

A small tree. It grows 15 m tall. The leaves are 6-13 cm long by 3-6 cm wide. The fruit are medium sized and oval with a rough surface. The can be 5-7 cm long. The flesh is soft and there is one seed inside. The pulp is yellow, juicy and fibrous.

HABITAT

A tropical plant. In Central America it grows between sea level to 900 m altitude. It can grow between sea level and 1,750 m above sea level. At ECHO.

PRODUCTION

Harvesting and Seed Production

Plants take up to 6 years to produce fruit.

NOTES

There are 71 Couepia species. They are all in tropical America.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



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