PLANT FACT SHEET

Pouteria lucuma (Ruiz & Pav.) Kuntze

GENUS *Pouteria* **FAMILY** Sapotaceae

COMMON NAMES Lucmo, Eggfruit, Lucuma

EDIBLE PARTS AND USES

Edible parts: Fruit

The fruit are eaten fresh or used to make ice-cream.
They are also used for puddings and cakes.
It can be dried and stored as a flour.

DESCRIPTION

A medium sized tree 8-17 m high. It can spread 6-10 m across. It has many branches. The leaves are alternate. They are oblong or sword shaped. They are 25 cm long by 10 cm across. The fruit are round or oval and green. The pulp is bright yellow. There are some named cultivated varieties.

HABITAT

A tropical plant. It is subtropical and grows at 3,000 to 3,300 m altitude in Peru. It can be between 500-2,500 m. It can tolerate frost and grow in cooler climates. It can adapt to drier conditions. It grows in regions with 1,000-1,800 mm rain per year. The temperatures are 20-22°C.

PRODUCTION

Cultivation

Plants are usually grown from seed.

Harvesting and Seed Production

Fruit fall and then need to be stored for a few days before fully ripe. Fruit are produced around the year. Fruit can weigh 1 kg. The fruit are easily storeable.

NOTES

There are about 150-320 Pouteria species. They grow in the tropics. Fruit are high in folates 42µg/100. NB query this record for Timor.

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