



Common names

Cuban mangosteen,

Clusiaceae

Scientific name

Garcinia aristata

Edible portion Fruit,



Description

A small tree. The leaves are dark and glossy with a hard spiny tip. The fruit are small and yellow. They have a white slightly sweet pulp. There are 1 or 2 large seeds.

Distribution

A tropical plant. It is cold hardy down to 0°C. It can tolerate salty conditions. It suits lime soils.

Found in:

Central America, Cuba, Dominican Republic, Haiti, West Indies,

Use

The fruit is eaten fresh.

Cultivation

Plants can be grown from seeds.

Production

It is slow growing.



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Nutritional Values

Garcinia aristata

Edible Part	/100 g edible portion	Moisture %	Energy KJ	Energy Kcal	Protein g	Provit A µg	Vit C mg	Iron mg	Zinc mg
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*Helping the Hungry Feed Themselves Well...
... through the strategic use of God's amazing natural resources*

