

ATEMOYA



The atemoya is a fruit native to Central America. Its name means "cold seeds" because it can grow at high altitudes. The atemoya is a shrub of 2 to 7 meters and Spain is the largest producer of this fruit. It is also where the fruit is most widely consumed.

PROVENANCE

JANUARY FEBRUARY MARCH APRIL MAY JUNE JULY AUGUST SEPTEMBER OCTOBER NOVEMBER DECEMBER

LIBANON

BRAZIL

TARGET CUSTOMER: CARIBBEAN & ARAB

OPTIMAL TEMPERATURE FOR CONSERVATION

10 - 12°C

PURCHASE GUIDE

When choosing atemoya at the store, look for a fruit that is heavy for its size, indicating that it is ripe and juicy. The skin should be green and bumpy, without blemishes or bruises.

CONSUMPTION

The atemoya can be eaten raw. When ripe, the fruit softens and is very sensitive. Its taste is similar to sugar apple and soursop which is in the same family. Atemoya can also be used in desserts such as pies, crumbles and others.

NUTRITIONAL VALUE

The atemoya is rich in vitamins C, A and B6. This fruit also contains calcium, potassium and has a high sugar content.

