

MAMEY



Mamey, also known as sapote mamey, is a tropical fruit with bright orange flesh that is sweet, creamy, and fragrant, reminiscent of sweet potato, squash, and vanilla. Its rough brown skin hides a rich and aromatic pulp, ideal for smoothies, desserts, and fresh drinks.

AVAILABILITY AND PROVENANCE

PROVENANCE

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

MEXICO

COLUMBIA



TARGET CUSTOMER: HISPANIC & CARIBBEAN

OPTIMAL TEMPERATURE FOR CONSERVATION

10 - 13°C

PURCHASE GUIDE

Look for fruit that is firm to the touch, but yields slightly when pressed. It should also have slightly wrinkled skin and a strong, sweet aroma.

CONSUMPTION

Mamey fruit can be eaten raw, blended into smoothies or used in desserts.

NUTRITIONAL VALUE

Mamey is rich in fiber, vitamin C, vitamin B6, vitamin E, potassium, and antioxidants. It contains approximately 70–75% water and is a good source of sustained energy thanks to its natural carbohydrates.

