

FGCU Food Forest

Plant Database

Canistel (*Pouteria campechiana*)

Quick Facts

Origin: Northern central America

Description: An evergreen tree reaching 30 feet in height

Harvest: Nov-Mar

Flower: Fall

Tolerance: Sensitive to cold (<28F)



General Description: A small to medium tree with dark green, glossy foliage. The leaves are alternate and clustered towards the ends of the branches. The leaves are usually dropped in the Spring. The fruit is ovate or spindle-shaped and canary yellow. The flesh is creamy in texture and is reminiscent of a sweet egg custard with a hint of pumpkin.

- **Native Origin:** Native to Southern Mexico and North Central Mexico.
- **General History:** The Canistel has been grown in Florida for several decades. It is also referred to as “Eggfruit” or “Yellow Sapote”.
- **Distribution:** Tropical and Subtropical America.
- **Season of Harvest:** In Florida, the fruit matures between November and March. When the fruit has reached its full color, but is still firm, it should be clipped from the tree with a piece of the stem attached. The fruit can then be left to ripen for about a week.
- **Culinary Uses:** Canistel can be eaten raw, or made into ice cream and milkshakes.

| Canistel | |
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| Scientific Classification | |
| Kingdom: | Plantae |
| (unranked): | Angiosperms |
| (unranked): | Eudicots |
| (Unranked): | Asterids |
| Order: | Ericales |
| Family: | Sapotaceae |
| Genus: | <i>Pouteria</i> |
| Species: | <i>P. campechiana</i> |

Sources

<https://www.hort.purdue.edu/newcrop/morton/canistel.html>

Boning, Charles. "Florida's Best Fruiting Plants"

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