



- ◆ The cherimoya is a member of the custard apple family.
- ◆ It is native to the cool mountain valleys of Peru.
- ◆ They are oblong and vaguely heart shaped with leathery green skin.
- ◆ The flesh is light cream colored, juicy with a firm custard texture. The sweet taste is something like a mango/papaya/banana combination.
- ◆ High in calories, high in fiber, good source of vitamin C and calcium.
- ◆ Cherimoya were a favorite of Mark Twain, “deliciousness itself.”
- ◆ The pulp is the only edible part. Remove the seeds and peel before eating. Halve the fruit and spoon the inside from the shell. Best served well-chilled.

*Cherimoya*