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 Twin, “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