

Spondias purpurea L. The species

Also known as:

Jocote, great hog plum, red mombin, purple mombin, mexican plum, jocote, ciruela, ciruela del pais, jobillo and kedondong.

Geography

Jocote fruits are native to the area that stretches from southern Mexico to northern Peru and parts of north-coastal Brazil.

They are most commonly found in Costa Rica, Nicaragua, Guatemala, Honduras, El Salvador and Panama. Though, they can be found growing throughout the West Indies and in the Bahamas as well.

They are also common in much of tropical Asia including Laos, Indonesia, Malaysia, Philippines, Thailand and Papua New Guinea.



Vitamin
A

Vitamin
C

Iron

Potassium

Calcium

Jocote The fruit



Energy:
74 kCal
per 100g EP

CHARACTERISTICS

The fruits have a flavour resembling that of plums and can be eaten raw or cooked with sugar to make jams and ice cream. They are a good source of dietary fibre vitamin A and an excellent source of vitamin C.

OTHER USES

The leaves of *S. purpurea* have been shown to exhibit anti-bacterial properties, and its leaf juice can be taken orally to treat swollen glands.

The tree

15 m



Tree
Used to create hedges which help staunch the erosion of soil.



Sap or gum
Used as glue or in combination with sapote or pineapple to treat jaundice.

Maturity before yields
4 - 5 years

A single 100 g edible portion (EP) of Jocote fruit contributes **63% of the potassium requirements for children aged 4-6 years old and contains more energy (kcal) than the same serving size of mangos, peaches or plums.**

The tree is
easily propagated
from seeds and cuttings.

In the American tropics,
S. purpurea is a
commercial food crop

It is also cultivated by
smallholders
as a subsistence crop.