

RESEARCH PROGRAM ON Forests, Trees and Agroforestry



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. **Jocote** *The fruit*

A single 100 g edible portion (EP) of Jacote 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.

Energy: 74 kCal per **100g** EP

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.





Vitamin C

Potassium

Iron

CHARACTERISTICS

excellent source of vitamin C.

Calcium

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

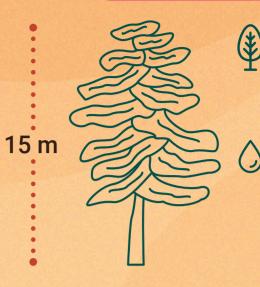
good source of dietary fibre vitamin A and an

Vitamin

A



The 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**

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.