

Eugenia stipitata L. *The species*

Also known as:

Arazá

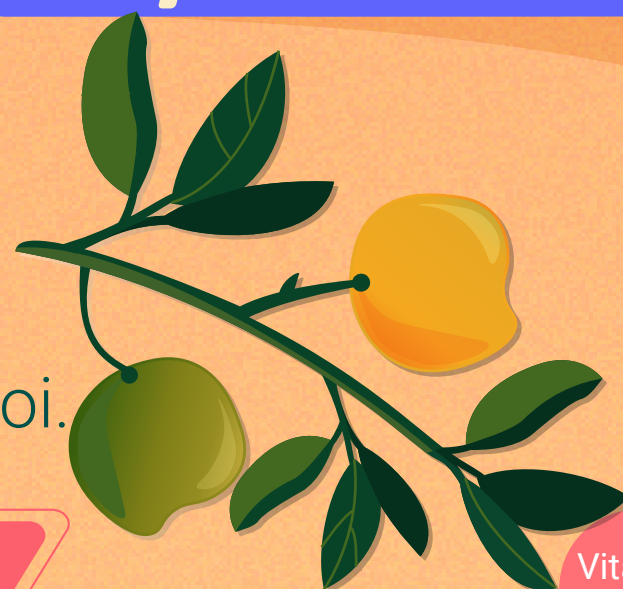
Amazon pear,
aracá, aracá-boi.

Geography

Found
throughout
South America,
especially in Amazon
countries such as
Brazil, Colombia
and Ecuador.



Arazá *The fruit*



Vitamin
B₁

Vitamin
E

Vitamin
B₂

Vitamin
C

Iron

Calcium

Manganese

Energy:
32 kCal
per 100g EP

CHARACTERISTICS

Arazá is part of the guava family. Its fruit is sweet, but very acidic with a pH similar to that of lemons. The sour taste means few people enjoy eating raw arazá, but it is used to make many products. A serving of its fruit has 2x as much vitamin C as the same serving of oranges.

OTHER USES

Although typically harvested from the wild, there is increasing interest in scaling up commercial production. In agroforestry systems, the plant's size, shape and shade tolerance allow it to integrate well with other fruit-tree crops. Medicinally, the fruit is sometimes taken as a treatment for parasites.

The tree

3-15 m



Maturity before yields
3 years

Productivity lifetime
20 years



Fruit

Once the seeds are removed, the mesocarp, or pulp, can be used for juices, jams, ice-creams, liquors and even hot sauce.

Arazá also has a potential to be used for dehydrated fruit and essential oil production.



I used to dislike Arazá because I found it too bitter and not enjoyable as a sweet fruit (in jams or juices). But that was only until I **discovered Arazá hot sauce. It's the best hot-sauce recipe I've ever had:** mix Arazá with hot peppers, salt and coriander and you're all set for the best Amazonian condiment you've ever tried."

– Elisabeth Lagneaux



E. stipitata is also a

good species for land restoration

due to its ability to adapt
to poor and acidic soils.

This is especially true
in the Amazon because
the species requires little
phosphorus, which is
often low in these soils.