**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**

- 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.

**Vitamin B₁**  
**Vitamin B₂**  
**Vitamin C**  
**Iron**  
**Calcium**  
**Manganese**

**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.

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**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.

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**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.”**

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― Elisabeth Lagneaux

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