

Canistel

Pouteria campechiana



Common names	Eggfruit, yellow sapote, boracho, toesa, cucuma, mamme sapota, zapote mante, to maa, lamut khamen, sawo mentega, sawo ubi, sapota amarela, ti-es, siguapa, zapotillo.
Origin	The canistel belongs to Sapotaceae family, has its center of origin in Southern Mexico, Belize, Guatemala and El Salvador. It is cultivated all over Central America, including the Caribbean Islands up to Southern Florida and the Bahamas. It was introduced into the Phillipines and Hawaii about 1924.
Description	The canistel tree is erect and generally no more than 8m tall, but in favorable situations, may reach height of 27-30m and the trunk may attain diameter of 1m. Slender in habit or with a spreading crown, it has brown, furrowed bark and abundant white, gummy latex. Young branches are velvety brown.
Growth Habitat	Canistel trees grow best in all tropical and warm of subtropical climates at altitudes below 4,500ft, it requiring periodic rain. Trees are also moderately cold tolerant, however young trees can be damaged or killed at temperatures of 29 degrees Fahrenheit and mature trees at

	23 degrees Fahrenheit. Planting the tree correctly is very important for successfully growing strong, productive trees.
Foliage	The evergreen leaves, alternate but mostly grouped at the branch tips, are relatively thin, glossy, short to long-stemmed, oblanceolate, lanceolate-oblong, or obovate, bluntly pointed at the apex, more sharply tapered at the base; 11.25-28cm long, 4-7.5cm wide.
Flowers	The bisexual flowers are borne in the leaf axils, singly or in clusters. Flowers are cream colored, have 5 sepals and 5 or 6 lobed petals (bell-shaped flowers), 5 stamens, and a single ovary.
Fruits	The fruits are about the size of an apple, yellowish to orange in color with somewhat mealy pulp similar in appearance and texture to a cooked egg yolk enclosing often a single large seed. The flavor is sweet, more or less musky, and somewhat like that of a baked sweet potato.
Soil	The canistel has a wide adaptability for soil, ranging from loose sandy too heavy clays, but loams with good drainage and high organic matter content stimulate better plant growth and yield. The trees sometimes grow even on shallow calcareous soils with minor nutrient deficiencies.
Pruning	Outstanding branches should be pruned back to avoid wind damage and shape the crown. Periodic pruning of canistel trees can keep trees at a manageable height.
Fertilization	Mulching is beneficial in the early years. A balanced fertilizer applied at time of planting and during periods of rapid growth is advisable though the tree does not demand special care.
Propagation	The common practice is to multiply canistel from seeds, although the recommendation is to use either grafts or buddlings. Vegetative propagation is preferred in order to

	hasten bearing and to reproduce the best selections.
Harvest	Canistel neither mature at the same time nor give good maturity so they have to be harvested to ripen completely as the fruits seldom soften on the tree. Fruits should be picked either by hand or by using a pole fitted with a cloth for catching the fruits. Fruits should be handled gently from the moment they are harvested.
Nutritional Properties	Canistel is rich in vitamin C, calcium, minerals and phosphorous; fat-low. One cup fresh pulp contains: <ul style="list-style-type: none"> • 139 calories • 29 g protein • 0.13 g fat • 37 g carbohydrates • 0.10 g fiber • 27 mg calcium • 37 mg phosphorous • 58 mg vitamin C
Health Benefits	<ol style="list-style-type: none"> 1. The canistel fruit a good source of niacin which help convert carbohydrates foods into energy. 2. Carotene helps develop good eyes' sight. It also helps reduce the risk of cardio-vascular diseases. 3. Canistel is also a resource for ascorbic acid which boosts the immune system of the body. 4. Iron helps in the formation of hemoglobin in the body. It also prevents a person in getting insomnia. 5. Canistel contains fiber which is beneficial in digestive metabolism. It helps prevent constipation. Fiber also regulates blood sugar and lessens bad cholesterol in the body.
Commercial Uses	The pureed flesh may be used in custards pancakes, cupcakes, jam, and marmalade or added to ice cream. In Mexico, the astringent decoction of the bark is used as a febrifuge, while in Cuba is applied on skin problems. A preparation of the seeds is used to treat ulcers. Latex

	<p>extracted from the tree has been used to adulterate chicle. The timber is valued especially for planks and rafters in construction.</p>
Food Suggestion	<p>Canistel Pie</p> <p><u>Ingredients :</u></p> <ul style="list-style-type: none">• 1 cup sugar• 1 tsp ground cloves• $\frac{1}{4}$ tsp salt• 3 eggs• $1\frac{1}{2}$ cup mashed canistel• $1\frac{1}{2}$ cup milk• 1 tsp vanilla• 1 unbaked 9" deep-dish pie shell <p><u>Methods :</u></p> <ol style="list-style-type: none">1) Preheat oven to 425°F.2) Mix sugar, salt and cloves in small dish.3) Beat eggs in large bowl.4) Stir in canistel and sugar/clove mixture. Gradually stir in milk and vanilla. Pour into pie shell.5) Bake 15 minutes in a preheated 425°F oven; turn temperature down to 350°F and bake about 30 minutes more or until firm.6) Serve with whipped cream.