

Sapucaia Nut

Lecythis zabucajo

Common names	Monkey Pot, Sapukaina, Sapucaia Nut, Paradise Nut, Cream Nut, Coco mono, Coco crystal, Coco de mono, vermelha, Machin-mango.
Origin	The sapucaia nut trees are native to the humid tropical forests of northern South America, from Colombia to Brazil. It belongs to Lecythidaceae family.
Description	The fruit is an upside down, round and woody container with a cap that pops off when it's reached maturity. Inside are anywhere from 8 - 40 seeds that fall out over time.
Growth Habitat	Humid tropical rainforests around the world.
Foliage	Leaves are simple, elliptical, round at the stem and pointed at the tip, 4 to 14cm long and 2 to 6.7cm wide.
Flowers	Flowers grow on a terminal panicle, bisexual with six sepals and petals with numerous stamens.
Fruits	The fruits are globose, container-like, cinnamon-coloured and woody, They have a rough pericarp up to 3 cm thick and a tight-fitting lid that bursts open when they mature. The seeds are red or brown, elliptical and up to 5 cm long.
Soil	Deep, well drained soils are preferable. The young trees will initially benefit from a shady environment.
Pruning	Young trees are generally pruned to form a strong canopy framework. Remove dead, broken or diseased branches.
Fertilization	Fertilized with 250g per plant with ammonium sulphate, triple super phosphate and potassium chloride.

Propagation	Sapucaia nuts are propagated by seed from superior trees. They can also be propagated by budding and grafting.
Harvest	The fruits are harvested when the nut containers begin to open. The fresh nuts are removed and then dried.
Nutritional Properties	A study revealed that sapucaia nuts are a valuable source of proteins, with higher levels of essential amino acids, fatty acids and minerals. High levels of copper, magnesium, potassium and zinc were found in sapucaia nut samples, and 100 g of this nut may provide more than 30% of each mineral dietary recommendation intake for adults. Sapucaia nuts were found to be an excellent source of linoleic acid, an essential fatty acid.
Health Benefits	<p>The following nutrients in Sapucaia nuts can be beneficial for:</p> <ul style="list-style-type: none"> • Copper allows your body to absorb iron and helps your body make the hemoglobin in your red blood cells. Copper also helps protect your body from free radicals and help the enzymes in your body to function properly. • Zinc is necessary for DNA and RNA synthesis. Zinc also allows your body to produce white blood cells, which keep your immune system strong, and plays a role in wound healing. Infants need adequate amounts of zinc to grow and develop properly. • Iron. Approximately, two-thirds of the iron in your body is found in hemoglobin. The iron in hemoglobin binds to oxygen from your lungs and delivers it to the rest of the tissues in your body. Iron also transports oxygen to your muscles and aids in the synthesis of neurotransmitters - the chemical messengers in your brain.

	<ul style="list-style-type: none"> • Manganese helps your body metabolize carbohydrates, protein and fat. The trace mineral also aids in bone formation. • Potassium is necessary for the heart, kidneys, and other organs to work normally. • Magnesium. Multiple health benefits of magnesium include transmission of nerve impulses, body temperature regulation, detoxification, energy production, and the formation of healthy bones and teeth. • Conjugated linoleic acids decrease abdominal fat, increase the metabolic rate, enhance muscle growth, lower insulin resistance, reduces food-induced allergic reactions and enhances the immune system.
<p>Commercial Uses</p>	<p>The wood is moderately difficult to work because of its high density; however, surfaces obtained in planing, boring, sawing, and shaping were smooth and good to excellent. Uses: Heavy construction, ship keels and beams, railroad crossties, industrial flooring, uses requiring high impact resistance (wagon wheels, tool handles), turnery.</p>
<p>Food Suggestion</p>	<p>Sapucaia nuts which are similar to Brazil nuts, can be eaten raw or used in cooking.</p> <p>Whole, they are used in confectionary and are good for decorating fruitcakes or larger cakes because of their nice shape and size.</p> <p>Roughly ground, they make good toppings for desserts and add crunch to rice or vegetable dishes. Ground Sapucaia nuts can be stirred into cakes and cheesecake bases.</p>