

Atemoya

Annona cherimola x squamosa

Common names	Cherimoya sugar apple, anon, chirimorinon, achta
Origin	Atemoya is a man-made hybrid between the cherimoya, native to the Andes mountains, and the sugar apple, a native of the Caribbean. The hybrid was first developed in 1908.
Description	The Atemoya cross can withstand the cold like the cherimoya but is sweeter and has less seeds than the sugar apple.
Growth Habitat	The atemoya is slightly hardier than the sugar apple but still is limited to tropical or near-tropical lowlands. The atemoya is best adapted to areas with moderate, evenly distributed rainfall.
Foliage	The leaves are elliptic, ovate, or lanceolate, and often variable in shape on the same tree. Leaf length is 10-20 cm and 4-8 cm wide.
Flowers	Flowers are 3-4 cm long, with 3 fleshy, pale yellowish-green petals, and are borne singly or in clusters of 2-3 in axils of leaves on year-old wood or on new shoots. The flowers are protogynous, functioning first as female, then as male.
Fruits	An atemoya is normally heart-shaped or rounded, with pale-green, easily bruised, bumpy skin. Bumpy at the stem but smoother towards the bottom. The white, fragrant flesh has a fine texture, almost solid, with fewer seeds than the sugar apple; sweet and sour at the same time. The seeds are toxic if eaten or crushed.
Soil	Atemoyas can grow in sandy loam to red basalt or heavy clay but ideally, a deep, rich, organic loam of medium texture, with adequate soil moisture is the best, particularly during the time of bloom, fruit set and development. Water logging is fatal.
Pruning	Prune to establish the shape of the tree and to shorten excessively long shoots. An open-centered form with a few main branches is the most desirable. Fruit is produced both on wood of the previous year and on new shoots. Pruning at the beginning of the growing period and it may be necessary each year in the case of vigorous cultivars.

Fertilization	An N:P:K:Mg 8-3-9-5 or similar analysis fertilizer should be used on fruit bearing trees, 3 to 4 times per year about 450g per tree and increasing proportionally for every 2.5cm increase in trunk diameter. Micronutrients should be applied as needed.
Propagation	Seedling trees grow vigorously and fruit at 3-5 years of age, but are extremely variable. Grafted trees begin to bear in 3-4 years. Superior selections can be propagated by budding or grafting on rootstocks of atemoya, sugar apple, custard apple and pond apple.
Harvest	The fruit is harvested when it has grown to its maximum size, and the colour of the fruit has changed from medium green to lighter green or yellowish green.
Nutritional Properties	Atemoyas are high in Vitamin B6, vitamin C and potassium. And smaller amounts of Vitamin B1, B2, niacin and folate.
Health Benefits	Atemoya reduces the risk of cancers and cardiovascular diseases. It also helps to keep the blood pressure in control. Vitamin B6, in atemoya, helps with brain function, production of red blood cells and the synthesis of antibodies.
Commercial Uses	Primarily consumed as a fresh fruit but the pulp is used in desserts, salads, ice cream and milk shakes
Food Suggestion	<p><u>Tropical Atemoya and Papaya Smoothie</u></p> <ul style="list-style-type: none"> • 1 cup rice or soy milk • 1 medium papaya, peeled and seeded • $\frac{1}{2}$ banana, peeled $\frac{1}{4}$ cup orange juice • 1 medium atemoya, peeled and seeded • 2 strawberries <p>Place all ingredients in a blender and blend until smooth. Add additional liquid to reach desired consistency. Makes 2 servings.</p>