

ABIU

(*Pouteria caimito*)

The ABIU comes from the headwaters of the Amazon and its tributaries in tropical Brazil and Peru. They are round to oval shapes and sometimes have pointed ends. They have bright yellow, smooth skins that bruise very easily. They are borne directly on to the stems of the larger twigs and tree branches. The ABIU has sweet, succulent, creamy white flesh. Cut the fruit in half and scoop out with a spoon. Avoid eating too close to the skin as a white latex can make your lips very sticky! The ABIU tastes like Crème Caramel and we love chilling it in the fridge and adding a dash of lime juice to it.

Microclimate	<ul style="list-style-type: none">• Prefers warm, humid climate.• A temperature range from 20°C to 35°C is desirable.• Young plants are impacted by cold and will not tolerate frost• Wind protection essential for young trees• Adapt to wide range of soil – need well drained and fertile• Some drought tolerance• A slightly acid to alkaline soil in the range of pH 5.5-7.5 with high organic matter is preferred.• Seed viability lasts only 1-2 days in dry conditions. Seeds will germinate readily within 10 days
Varieties	<ul style="list-style-type: none">• Gray, Inca Gold, Cape Oasis, Gray, Z1, Z2, Z3, Z4• The varieties Z2, Z4, T25 and T31 produce large and good quality fruit. Z1, Z2 and Z3 are good to heavy producers with good fruit flavour. Both Z2 and Z3 have excellent flesh to fruit recovery. Z3 produces small fruit. Planting material of new varieties is becoming available.
Culture	<ul style="list-style-type: none">• Needs a sunny spot• Mulch well but keep away from trunks• Love blood and bone• Fertilise lightly and regularly• Light pruning
Harvest	<ul style="list-style-type: none">• Two crops a year between January and September.• Usually some fruit on trees most of the year.• Pick when firm but mature - at least half yellow half green.• If picked too green, the milky latex on the skin will stick to your lips when you eat it.• Fruit fly susceptible• Up to 3 crops per year but usually two at Cape Trib Farm• Seedlings take up to 3 years to bear