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Annona squamosa

[Synonyms : *Annona asiatica*, *Annona biflora*, *Annona cinerea*, *Annona forskahlii*, *Annona glabra*, *Guanabanus squamosus*, *Xylopia frutescens*]

SUGAR APPLE is a deciduous shrub or tree. Native to tropical America (particularly Peru) it has small sweetly scented, brownish-red centred, pale green flowers with many stamens.

It is also known as *Annona écailléeuse* (French), *Anoda* (Singhalese), *Anón* (Cuban, Puerto Rican, Spanish), *Anon candonga* (Dominican Republic, Spanish), *Anone* (French), *Ata* (Bengali), *Atá* (Brazilian, Portuguese), *Ates* (Filipino/Tagalog), *Atis* (Filipino/Tagalog), *Banreishi* (Japanese), *Buah nona* (Malay), Bush annona, *Cachiman cannelle* (French, Haitian), *Chirimoyo* (Spanish), *Condessa* (Portuguese), Custard-apple, Custard-apple of India, *Faan gwai litchee* (Chinese), *Fan li zhi* (Chinese), *Fruta da condessa* (Portuguese), *Fruta del conde* (Spanish), *Gandagatra* (Sanskrit), *Gishta* (Arabic), *Kaneelappel* (Dutch), *Kashiman kanèl* (Creole), *Khièb* (Laotian), *Mela canella* (Italian), *Na* (Vietnamese), *Noina* (Thai), *Noi-nong* (Thai), *Nona seri kaya* (Malay), *Pinha* (Portuguese, Spanish), *Pomme cannelle* (Antilles, French), *Pomo canella* (Italian), *Rahmapfel* (German), *Ramsita* (Tamil), *Sarikaya* (Sundanese), *Sariphal* (Nepalese), Scaly custard apple, *Schuppenannone* (German), *Scopappel* (Dutch), *Seri kaya* (Malay), *Serkaya* (Javanese, Malay), *Shariiphaa* (Nepalese), *Sitaaphal* (Nepalese), *Sitafal* (Gujarati), *Sitapalam* (Tamil), *Sitaphal* (Hindi), *Sitaphalamu* (Telugu), *Süssack* (German), Sweet sop, *Zimtapfel* (German), and *Zuckerapfel* (German),.

The fruit (rather like a huge raspberry, *Rubus idaeus*, in shape) is formed (like the pineapple *Ananas comosus*) from fused flowers. Scale-like pieces of the rind break away separately when the fruit is ripe.

Warning – the shiny brownish-black seeds are said to be poisonous. Powdered seeds in the eyes can cause eye inflammation and pain. The root taken internally can cause purging.

Squamosa is Latin (covered with scales, scaly).

Caribbeans use sugar apple leaves to make a cooling drink. The soft granular, juicy, white fruit pulp (which has a much sweeter taste than the soursop, *Annona muricata*) is also used to make a refreshing drink, and it is eaten raw, as well as providing an ingredient for puddings such as ice cream.

Sugar apple's leaves, fruit and powdered seeds have been used as insecticide in India, both as a fish poison and as a means of killing hair lice. The leaves have been used in both North America and The Gambia to get rid of bedbugs, while leaves, fruit and seeds have been used to clear head lice.

In northern India the leaf juice is applied as an antiseptic to animal wounds.

Medicinally, in the Caribbean the leaves have been used in the treatment of some female ailments. In India the roots have provided a purgative.