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*Casimiroa edulis*

[Synonyms : *Casimiroa pringlei*, *Casimiroa pubescens*, *Casimiroa watsoni*]

**MEXICAN APPLE** is an evergreen tree. Native to central America (especially Guatemala and Mexico) it has greenish-white flowers.

It is also known as Casimiroa, *Chapote* (Spanish), *Cochilsapote* (German), *Cochitzápotl* (Nahuatl, Spanish), *Matasaño* (Spanish), *Pera mexicana* (Spanish), *Pomme mexicaine* (French), *Sapote* (English, German), *Sapote blanche* (French), *Sapoti* (Portuguese), *Weisse Sapote* (German), White sapota, White sapote, White zapote, *Xiang rou guo* (Chinese), *Zapote blanco* (Spanish), and *Zapote dormilón* (Mexican, Spanish).

Warning – it is alleged that the seeds may be poisonous.

The flowers are pollinated by bees, hover-flies and ants.

*Edulis* is Latin (eatable).

In the mid-19<sup>th</sup> Century Europeans still believed the yellowish-green fruit with their creamy-white flesh to be harmful and cause sleep, but by the early 20<sup>th</sup> Century this had been dispelled as a myth. Locally the fruit are eaten raw, made into soft drinks such as sherbets, and are also made into puddings.

The tree has been cultivated on coffee (*Coffea*) plantations as a shade tree.

Apparently the tree was introduced to Sri Lanka in 1899.

Medicinally, the bark, leaves and seeds have been used by local people.