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Mammea americana

MAMMEE APPLE is an evergreen tree. Native to the West Indies and northern South America it has small scented, creamy-white flowers.

It is also known as *Abri -do-Para* (Portuguese), *Abricotier* (French), Apricot mamey, Apricot of San Domingo, Mamee, Mamey (English, Spanish), *Mami* (Dutch), Mammey apple, *Mammiapfel* (German), Mammy apple, Mammosee grape, Martin, St. Domingo apricot, San Domingo apricot, and South American apricot.

Warning – some believe that the seeds are poisonous.

Americana means ‘of or from America (North or South)’.

In Mexico the seeds and the juice are used as an insecticide.

The bright yellow fruit pulp is eaten raw or cooked, and made into jam and preserves.

A distillation of the flowers is used to flavour a West Indian liqueur known as *Eau de Cr ole*.

The hard, durable wood, which will take a polish, has been used to make furniture.

In the Caribbean Negro slaves used a bark solution to harden the soles of their feet.