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Parmentiera aculeata

[Synonyms : *Parmentiera edulis*]

FOOD CANDLE TREE is an evergreen tree. Native from Guatemala to Mexico it has greenish-white flowers.

It is also known as Candle fruit, *Chote* (Mexican), *Cuachilote* (Mexican), *Cuajilote* (Spanish), *Guetoxyga* (Mexican), *Quauhxilote* (Mexican), and *Turi* (Mexican).

Aculeata is derived from Latin *aculeus* (point, sting) meaning ‘prickly’ with reference to the plant bearing spines or spine-tipped leaves.

The cucumber-like red-stained, greenish-yellow fruit (which have a sweet taste) are eaten locally raw or cooked, and also made into pickles and preserves (or roasted in ashes).

Medicinally, parts of the tree have been used in local treatments for kidney and urinary problems, aural inflammation, digestive disorders, colds and coughs. A root decoction has been a recommended remedy for fluid retention.