

You are viewing one of thousands of biographies – click below for more, including Search box and access to Plant associated organisations.

[Plant Biographies](#)

[Bibliography](#)

Pouteria campechiana

[Synonyms : *Lucuma campechiana*, *Lucuma glabrifolia*, *Lucuma heyderi*, *Lucuma inseparabilis*, *Lucuma laeteviridis*, *Lucuma nervosa*, *Lucuma palmeri*, *Lucuma rivicoa* var. *angustifolia*, *Lucuma sphaerocarpa*, *Lucuma salicifolia*, *Pouteria campechiana* var. *nervosa*, *Pouteria campechiana* var. *palmeri*, *Pouteria campechiana* var. *salicifolia*, *Pouteria glabrifolia*, *Pouteria laeteviridis*, *Pouteria mante*, *Pouteria rivicoa*, *Radlkoferella glabrifolia*, *Radlkoferella inseparabilis*, *Radlkoferella sphaerocarpa*, *Richardella campechiana*, *Richardella nervosa*, *Richardella salicifolia*, *Sideroxylon campestre*, *Vitellaria campechiana*, *Vitellaria nervosa*, *Vitellaria salicifolia*, *Vitellaria sphaerocarpa*, *Vitellaria tenuifolia*, *Xantolis palmeri*]

CANISTEL is an evergreen tree. Native to Middle America and the West Indies it has small greenish-white flowers.

It is also known as Eggfruit, *Gelbe Sapote* (German), *Lucuma*, Marmalade fruit, *Nervosa*, Yellow sapote, *Yiessas*, *Zapote amarillo* (Spanish), and *Zapote borracho* (Spanish). *Campechiana* means ‘of or from Campeche, the name of both a Mexican state and that state’s capital city’.

Some authorities believe that canistel is likely to have been an important part of the diet of the ancient South American Indian tribes in Peru. The yellowish-orange fruit are eaten raw or cooked as a vegetable like yam (*Dioscorea*).