

White sapote

Casimiroa edulis



White sapote (*Casimiroa edulis*), also known as cochitzapotl in Nahuatl (meaning "sleep-sapote") is a species of tropical fruiting tree in the family Rutaceae, native to eastern Mexico and Central America south to Costa Rica. Unlike the mamey sapote, white sapote is a member of the family Rutaceae, to which citrus belongs. The black sapote is also unrelated and is actually a species of persimmon. This confusion may be due to the fact that "sapote" comes from the Nahuatl (Aztec) word tzapotl, used to describe all soft, sweet fruit.

This is a marvelous fruit that should become very popular. The entire fruit is edible. The skin is thin and underneath is a buttery textured flesh that is sweet, nutty and creamy. Depending on variety, the fruit can range in size from that of a large apricot to that of a large orange, and in color when ripe from light lemon yellow to pea green.

The fruit contain several fairly large seeds, packed together like those of a loquat, and flesh creamy in both color and consistency. The flavor of the perfumed flesh generally suggests banana, pear and a hint of orange or lime, and

sometimes of stonefruit or nuts (almond, chestnut), with different varieties balancing these elements differently, and being more or less sweet. They ripen well off the tree and when ripe have the feel of a ripe avocado. Like an avocado or banana, Sapotes are edible and markedly different in texture and flavor at different degrees of ripeness. Handle with care as they bruise very easily. Once ripe they will keep in the refrigerator for several days.



Fruit

Fertile flowers are followed by round, oval or ovoid drupe 5–10 cm in diameter, with a thin, inedible and bitter skin turning from green to golden yellow when ripe, and an edible pulp, which can range in flavor from bland to banana-like to peach to pear to vanilla flan. The pulp can be creamy-white in green-skin varieties or a beige-yellow in yellow-skin varieties and has a smooth texture similar to ripe avocado. The fruits consist of 5-7 short lived seeds that resemble a greatly enlarged orange seeds that are said to have narcotic properties. They range in size from 1 – 2 inches in length. The fruits also usually contain several aborted, thin, papery seeds. White sapotes bear within 10 years from seed, or 2 – 8 years from graft. White sapote fruit ripens six to nine months from bloom. Some cultivars are

alternate bearing. Fruits are excellent when eaten ripe. Unripe fruits have a bitter taste, and flesh very near the skin can sometimes have a bitter taste. Usually the flesh is scooped out with a spoon and eaten raw.



Health benefits of White Sapote

Listed below are some of the popular health benefits of White Sapote Fruits

1. Maintain eye health

As we all know that deficiency of vitamin A is the main cause of eye problems and poor eye sight. To solve this, white sapote fruits offer sufficient amount of vitamin A contents that helps in maintaining our eye health and improve eye sight.

2. Promotes weight loss

White sapote has a high contribution of fiber not only soluble, but also insoluble. The first of them creates a feeling of satiety by consuming fewer calories, while the second helps to decrease the speed with which the stomach expels digested food.

3. Prevent cough

White sapote fruit consists of essential saponins that helps in making mucus and sputum in the respiratory cavity. This component helps you to prevent and curing coughs. All you have to do is cut the fruit, remove the seeds and the outer covering and eat the soft flesh of white sapote.

4. For bone and teeth health

To treat bone and teeth problems use the natural white sapote fruit. Sapote fruit is rich in essential elements such as calcium and phosphorous which helps in maintaining bone and teeth health. Young and toddler kids will require a lot of these fruits to maintain the health of their teeth and bone growth.

5. Prevent anemia

Sapote fruits are rich in iron and folic acid that relieves a person from anemic conditions and its effects. The available is an important component of hemoglobin which is the substance that carries oxygen from your lungs to transport it throughout the body. Therefore iron helps your body in making enough oxygen-carrying red blood cells in the process preventing anemia.

6. Curing diarrhea

Diarrhea can occur anytime and anywhere. When we eat less clean or hot food can cause diarrhea. One of way to cure it is consuming Sapote fruit. Just take Sapote fruit, then peel it and consume it. Your diarrhea will gradually recover.

7. Improves digestion

White sapote is suitable to optimize the digestive processes carried out by the body, since when consumed raw it is a great source that provides dietary fiber.

8. Optimize cardiovascular health

Due to its soluble fiber content, the consumption of white fruit helps control cholesterol levels, thus decreasing the risk of developing cardiovascular disorders.

9. Improves the immune system

As it has a high content of vitamin C, the consumption of this fruit helps fight and eliminate free radicals and, on certain occasions, triggers the immune response, which is actually the result of inflammation in the affected area.

10. Oxygenates the brain

Several research indicate that the contribution of vitamin B3 offered by the white sapote helps to prevent the development of Alzheimer's, as well as some other age-related brain disorders, which cause cognitive deterioration.

11. Acts as an anti-inflammatory

White Sapote has a powerful anti-inflammatory effect, which allows combating numerous discomfort conditions, such as: reflux-esophagitis, erosive gastritis, irritating bowel disorders and enteritis, etc.

12. Helps reduce premenstrual symptoms

White sapote fruit is very good for reducing pain and even the level of blood lost during the menstrual cycle, as it helps to naturally balance hormones, regulating the cycle.

13. Works as an energizer

Ingestion of White sapote fruit offers a significant contribution of energy, which is very appropriate for the body. It should be mentioned that by consuming only one serving (about 100g) of white sapote, it is likely to get around 80 calories, since it has a high amount of carbohydrates.

14. Helps to have healthier skin

Due to its high iron content, consuming this fruit allows to offer the skin a much healthier and more radiant appearance in a natural way. Similarly it has high contents of vitamin E that serves to revitalize the skin and make it fresh. It also helps in making skin wrinkles disappear.

