



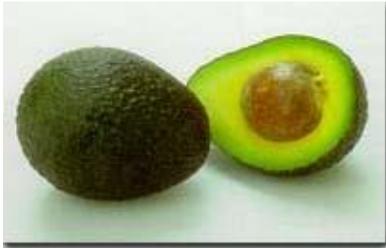
BRAZIL - CANADA - USA

Tropical Fruits – Natural Aliments



01 - Fruits names and information

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Avocados

Storing and Handling

Temperature/humidity recommendation for short-term storage of 7 days or less:

Unripe: 45-50 degrees F/7-10 degrees C

85-95% relative humidity

Ripe: 32-36 degrees F/0-2 degrees C

90-98% relative humidity

Retail display tips:

Water sprinkle: no

Top ice: no

Ethylene production/sensitivities

Produces ethylene:

Unripe: Yes-low

Ripe: Yes; keep ripe avocados away from fruits and vegetables that are sensitive to ethylene and may be damaged by it.

Sensitive to ethylene exposure:

Unripe: Yes; unripe fruit is extremely sensitive to ethylene. Exposure may increase symptoms of chill damage.

Ripe: Yes; ethylene promotes continuation of the ripening (softening) process.

Handling Tips: Handle ripe avocados with care to avoid bruising. Do not dump avocados into displays. Check ripeness daily, displaying or using ripest fruit first.



Bananas

Storing & Handling

Temperature/humidity recommendation for short-term storage of 7 days or less:

Mature green & ripe: 60-65 degrees F/16-18 degrees C

85-95% relative humidity

Retail display tips:

Water sprinkle: no

Top ice: no

Ethylene production/sensitivities:

Produces ethylene: Yes; ethylene production rate increases with ripening.

Sensitive to ethylene exposure:

 Mature green: Yes; ethylene is required to initiate ripening.

 Ripe: No

Storing tips:

To ripen bananas in shipping containers, keep containers covered. To slow ripening, remove container lid and plastic cover. Treating mature green bananas with ethylene will help ensure uniform ripening.

Handling tips:

Bananas bruise easily; handle with care.



MANGO :

Storing & Handling

Temperature/humidity recommendation for short-term storage of 7 days or less:

60-65 degrees F/16-18 degrees C

85-95% relative humidity

Retail display tips:

Water sprinkle: no

Top ice: no

Ethylene production/sensitivities:

Produces ethylene: Yes-medium

Sensitive to ethylene exposure: Yes

Handling tips:

Handle mangoes with care to avoid bruising or damaging the fruit; do not drop shipping containers on the floor.



Papaya

Storing & Handling

Temperature/humidity recommendation for short-term storage of 7 days or less:

60-65 degrees F/16-18 degrees C

85-95% relative humidity

Retail display tips:

Water sprinkle: no

Top ice: no

Ethylene production/sensitivities:

Produces ethylene: Yes-medium

Sensitive to ethylene exposure: Yes; ethylene promotes softening.

Handling tips:

A papaya is ripe and ready to eat when it yields to a gentle palm pressure and the peel is approximately 3/4 yellow to yellow-orange in color. Handle papayas with care to avoid damage.



Pineapple

Storing & Handling

Temperature/humidity recommendation for short-term storage of 7 days or less:

45-50 degrees F/7-10 degrees C

85-95% relative humidity

Retail display tips:

Water sprinkle: no

Top ice: no

Ethylene production/sensitivities:

Produces ethylene: Yes-very low

Sensitive to ethylene exposure: No

Handling tips:

Although pineapples have a tough-looking exterior, they can bruise easily. Handle fruit with care.



**Carambola clone
star fruit**

Varieties

Seventeen clones have been registered but only clone B10 is cultivated commercially. The fruits are sweet and juicy with a pleasant tangy flavour.

Propagation

Readily propagated by bud grafting. Budded plants begin to flower and fruit as early as 14 months after field planting

Cultivation

Carambola grows well in a wide range of soils. It requires adequate moisture throughout the year but does not tolerate waterlogging. Regular fertilizer application is necessary for fruit production. The trees are regularly pruned and trained. Branches and watershoots are bent and held parallel to the ground so as to maintain a canopy that is "flattened" to enable fruit bagging.

Pests and Diseases

Fruits are attacked by several insects including two species of fruit flies, *Bactrocera carambolae* and *B. papayae*, and two species of lepidopteran borers -- *Homona* sp. and *Cryptophlebia* sp. The flowers are commonly infested by the flower moth *Diacrotricha fasciola* Zeller. (Pterophoridae). Mites (*Tetranychus* sp.) are occasionally a problem in prolonged hot dry weather. Carambola is relatively free of any serious diseases. Occasionally however, during prolonged wet weather in conjunction with dense canopy conditions, the young stems and shoots succumb to thread blight while *Cercospora* leaf spot causes defoliation as well as spotting on young fruits.

Harvesting, Handling and Storage

Carambola is non-seasonal and yields 3-5 crops per year. The fruits are harvested between 40-50 days after fruit set, when they are just beginning to turn from dark green to a light yellow-green.

- The fruits are hand picked together with the surrounding paper bags, and transported to the packing shed in baskets.
- Fruits are then unwrapped, sorted and graded by workers using rubber gloves to minimize damage to the fruits.
- Fruits are stored at 7°C for up to six weeks during transit by sea. Fruits are also airfreighted to Hong Kong.



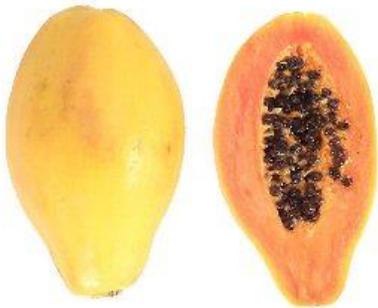
coconut Equivalents: 1 whole = 3-4 cups grated; 1 tablespoon grated dry = 1 ½ tablespoons fresh grated; 6 cups grated = 1 pound. **Notes:** The most common form of coconut in markets is the **dry coconut**, with a hard brown shell surrounding firm coconut meat with liquid in the center. **Green coconuts = water coconuts** are young coconuts with very soft meat inside. They're more often found in the tropics. Select coconuts that are free of cracks or mold, that are heavy for their size, and that have lots of water in them when you shake them. To crack one, hit it along its equator with a blunt instrument, pouring off the water when the first crack appears. **Substitutes:** Brazil nuts OR macadamia nuts



dates (fresh) *Notes:* Fresh dates are sometimes available at farmer's markets in the late summer. They're crunchy, and not as sweet as dried dates. *Substitutes:* dried dates



green papaya = cooking papaya *Notes:* Southeast Asian cooks like to shred these into salads. *Substitutes:* chayote squash



papaya = fruta bomba = lechosa = tree melon = (in Australia) pawpaw = papaw *Notes:* With their subtle tropical flavor, papayas are wonderful in fruit salads, puréed fruit drinks, or even shish kabobs. They're also good for you and easy to peel and seed. Papayas from Hawaii are more common and more flavorful than those from Mexico. Yellow ones that yield to gentle pressure are ready to eat, and should be refrigerated. Green ones will ripen at room temperature in just a few days. *Substitutes:* mango OR peaches (use twice as many) OR nectarines (use twice as many) OR cantaloupe OR honeydew melon OR kiwifruit (as a meat tenderizer) OR tomatoes (in salsas) OR pineapples (Like papayas, these hold their shape when cooked, so they work well on shish kabobs.)



persimmon *Notes:* There are two varieties: the dark orange, acorn-shaped **Hachiya** and the light orange, tomato-shaped **Fuyu**. Many people have sworn off persimmons for life after biting into an underripe, astringent Hachiya. But if you wait until it's ripened to a soft, shriveled mess, you can spoon out its exquisitely sweet and delicate pulp. Fuyus aren't as flavorful, but they're more idiot-proof in that you can eat them while they're still firm and not get your mouth in a pucker.

Substitutes: plums OR pumpkin (Mashed pumpkin is a good substitute for persimmons in many baked good recipes.)

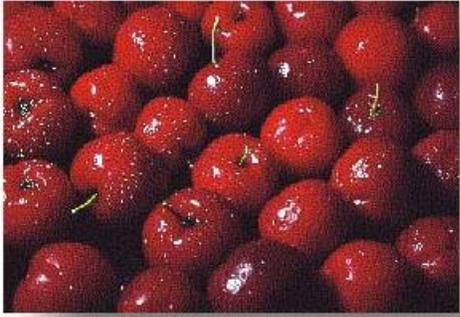


pomegranate = Chinese apple *Notes:* Cut through the pomegranate's leathery skin, and you'll find hundreds of pretty kernels, each with a tiny seed surrounded by ruby red pulp. You can eat the kernels, seeds and all, and they're great as garnishes or sprinkled in salads. You can also press the kernels for juice and strain out the seeds. Wear an apron when working with pomegranates; the juice can stain your clothes. They arrive in markets in the late summer and early fall. *Substitutes:* grenadine (for the juice)



AÇAÍ

Açaí (pronounced Aah-sigh-eee) is a berry that grows on palm trees in the Amazon Basin. It's purple in color and has become the SENSATION in Brazil! Açaí can be prepared several ways, however the most popular is called "Açaí na Tigela". The direct translation in English is "Açaí in a bowl". The contents include Açaí, Guarana syrup and a little water. This wonderful dish is served in a bowl and topped with granola cereal! At Amazon Energy, we refer to this dish as "AÇAÍ ENERGY BOWL"!!!



ACEROLA

Acerola cherries are native to Central America, but they grow well in tropical climates. They are known as the "Cherry of the Antilles" and have a phenomenal amount of Vitamin C. 100 grams of Acerola pulp contains almost 3000% your daily requirement of Vitamin C!!



CUPUAÇU



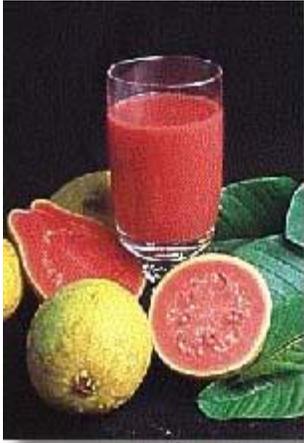
CASHEW

Believe it or not, the Cashew is not just a nut!!! The cashew fruit is one of the most refreshing and exotic flavors you will ever experience. Very popular in Brazil, but almost unheard of in the rest of the world.

PASSION FRUIT



Passion Fruit is popular throughout Latin America and the Hispanic culture in North America. Our pulp product is ALL natural without all the sugars and preservatives that you normally find. Passion Fruit provides you with an ample supply of vitamins, minerals and fiber!



Guava is already a popular fruit in North America. It's dark pinkish color and refreshing taste makes Guava one of the more popular selections. Our product, of course, is all natural without all the sugars and preservatives added!

Guava



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