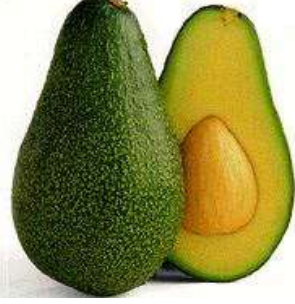

















Below is a list of Caribbean fruits from the different islands. Find out more about each fruit by reading the information also. You can use these fruits in your design for your fruit salad and smoothie for a cricketer to gain five-a-day!

	<p style="text-align: center;"><b>AVACADO</b></p> <p>Avocado is a pear shaped tropical fruit with green, reddish-purple or blackish skin. The skin itself can sometimes be speckled with tiny yellow dots. It may be smooth or pebbled, glossy or dull, thin or leathery, pliable or granular and brittle. The single seed is round in shape, hard and heavy. An avocado is really ripe when you can hear the seed rattle if you shake the fruit. The avocado was first cultivated in Jamaica in 1696 before making its way to the rest of the Caribbean.</p>
	<p style="text-align: center;"><b>BANANA</b></p> <p>A major income earner in the Caribbean, bananas are also a favourite food in the region. Green bananas are boiled and eaten as a staple food, while the ripe fruit are eaten raw or added to several tasty recipes such as banana cake and fritters</p>
	<p style="text-align: center;"><b>STARFRUIT</b></p> <p>The plant thrives in tropical climates like the West Indies. The "Five Fingers" tree attains a height of 9 metres and produces small, fragrant, rose-coloured flowers throughout the year. The tree also produces fruits more than once per year. Very ripe fruit has a golden yellow colour; half-ripe it's a lemon green and unripe they are very green, but all can be eaten. It also has a variety of tastes when eaten raw. The fruit is sweet, watery and pleasant to taste. Five Fingers is also referred to as the "Star Fruit". When the fruit is cut across it has a striking star shape, hence the reason for the name. The skin of the fruit is thin and somewhat waxy and there's no need to peel the fruit.</p>
	<p style="text-align: center;"><b>CHERRY</b></p> <p>The cherry is a small, soft round fruit, red, yellow or black when ripe, containing a stone. The cherry tree grows up to 9 metres. There are three main types of cherries: sweet, sour, and dual purpose. Cherries are fragrant and juicy although some can be sour tasting. The dual purpose cherries are a mix of sweet and sour flavours. Cherries always have to be picked ripe. They do not ripen well after they have been picked. You can keep cherries for one to three days.</p>
	<p style="text-align: center;"><b>COCONUT</b></p> <p>Described as the 'Tree of Heaven', the coconut is so named because almost every part of the crop, from the roots, to the bark, to the fruit, is of some economic value. Throughout the Caribbean, coconut water is a preferred thirst quencher, while the 'milk' and 'meat' are used in preparing tasty dishes and pastries.</p>
	<p style="text-align: center;"><b>DATE</b></p> <p>This tree is normally grown in desert areas and is not usually grown in Trinidad. The tree is planted from a seed and when fully grown, resembles a palm tree. The fruit is green when young and red when ripe. It takes four months for the fruit to grow and when the date is ready to be eaten, it turns black.</p>



	<p style="text-align: center;"><b>GRAPEFRUIT</b></p> <p>The grapefruit is believed to originate from Barbados. A large citrus fruit known as a shaddock was brought to the Caribbean from Polynesia. This shaddock was then crossed with the orange to produce what we now call a "grapefruit". With a slightly acidic and bitter taste, the "white" grapefruit takes its name from the colour of its flesh. There are also pink or ruby grapefruits and the blood pummelo, which are sweeter. Grapefruit trees are large with glossy dark green leaves and the fruit hangs in clusters on the tree.</p>
	<p style="text-align: center;"><b>GUAVA</b></p> <p>Guava is the authentic Arawak name of this pungently scented fruit which is eaten raw when ripe or used for making the popular Guava Jelly or tinned guava nectar. The leaves of the tree are used in folk medicine with a popular Jamaican folk song claiming 'Guava root a medicine fe go cure di young gal fever'.</p>
	<p style="text-align: center;"><b>LIME</b></p> <p>While they are used in much the same way, the small fragrant varieties of limes grown in the Caribbean are not to be confused with lemons. The fruit is used in lemonades while the leaf is popular as 'lime leaf tea'.</p>
	<p style="text-align: center;"><b>MANGO</b></p> <p>The first mango plants that were brought to Jamaica, arrived in 1782 aboard the HMS Flora - one of Lord Rodney's ships which captured the plant from a French ship on the high seas. There are many varieties of mango, usually distinguishable by shape and the consistency of the flesh. Eaten ripe, the fruit is aromatic, and the flesh is soft and sweet. Mango is also used to make nectar and ice-cream.</p>
	<p style="text-align: center;"><b>ORANGE</b></p> <p>There are wide varieties of orange including; Valencia, Parson Brown, Hamlin, Navel, Pineapple, Mandarin, Kumquat, King, and other sweet varieties. There is a bitter orange called Seville, which is used for making marmalade. Ortanique, a hybrid combination of orange and tangerine, is popular in Jamaica.</p>
	<p style="text-align: center;"><b>PASSION FRUIT</b></p> <p>The flavourful translucent sop is scooped out of the hollow husks of the passion fruit for a delightful taste experience. Passion fruit juice is a preferred drink.</p>
	<p style="text-align: center;"><b>PAPAYA (PAWPAW)</b></p> <p>The pawpaw originated in Panama and is indigenous to the Caribbean and Central America. Ripe pawpaw can be served in several ways - the most popular being to cut the unpeeled fruit and remove the seeds, and then use a spoon to scoop out the sweet and juicy flesh. The ripe fruit may also be processed into juice, puree or jams, while the green fruit is used for sauces and pickles.</p>
	<p style="text-align: center;"><b>PINEAPPLE</b></p> <p>This popular fruit is a native of Central and South America and was introduced to the West Indies by the Spanish who also took the plant to Europe. Pineapples can be eaten or crushed to make juice. The fruit is as an ingredient in many drinks.</p>



	<p style="text-align: center;"><b>PLUM</b></p> <p>Plum is a soft round smooth-skinned sweet fruit with sweet flesh and a flattish pointed stone. Plums vary in season, size, colour and taste. The plum tree grows between 5 to 7 metres high and has greenish-white flower leaves. There are four main types of plums: European plums, Japanese plums, the Damsons &amp; Mirabelles Plums are also used for its juice and for making jam, jellies or a thick syrup.</p>
	<p style="text-align: center;"><b>POMEGRANATE</b></p> <p>Pomegranate fruit is technically a leathery-skinned berry containing many seeds, each surrounded by a fleshy, juicy aril. The pomegranate tree is native to Africa and the Caribbean. The French word for a pomegranate is "grenade," which also refers to a hand-thrown bomb that scatters deadly metal fragments instead of seeds.</p>
	<p>A member of the citrus family, tangerines have a rougher and more pliable skin than oranges which does not require peeling and which can be easily broken to reveal the large, juicy pegs inside.</p>
	<p style="text-align: center;"><b>WATERMELON</b></p> <p>A relative of the cantaloupe, the watermelon provides an overwhelmingly juicy mouthful with every bite. The fruit is also blended into a refreshing drink.</p>

