

# FOODS FROM *Spain*

## **In season: cherimoya**

**Product:** Cherimoya

**Season:** Cherimoya is available from Spain from **October to January**

**Origin:** Cherimoya is grown on the tropical coast of Granada and Malaga. It is grown between the mountains and the Mediterranean Sea

**What it is:** Cherimoya is regarded as one of the most delicious exotic fruits on the market, with sweet creamy flesh, inside a hard skin that resembles snakeskin. Historically, the cherimoya has been problematic to transport. These difficulties have been overcome and consumers in the UK can now enjoy the fruit

**How to eat it:** Although it is usually eaten fresh - sliced in half with the pips taken out – the cherimoya can be used in a range of recipes, including many desserts, such as ice cream and milkshakes

**Availability:** when in season, the cherimoya is available in the exotics section of most supermarkets' fresh produce departments

**More:** The skin of a cherimoya is scaly, with pronounced grooves. It is a pale green colour, which darkens as the fruit ripens. It has creamy, aromatic and sweet flesh. It is easily digestible

For information, photography or recipes, featuring cherimoya please contact:

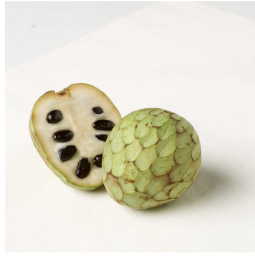


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## Product fact sheet: Cherimoya

### Health benefits

- Cherimoyas have protective properties for the skin, thanks to their antioxidant content. Antioxidants help to increase the elasticity, firmness and suppleness of the skin.
- Due to the high sugar content cherimoyas are useful for people who suffer with low blood pressure
- Cherimoya helps alleviate stress as it has a high vitamin C content. Vitamin C also helps neutralize unstable free radicals, which can damage cells in our body
- The sugars also provide sustained energy and do not over react the bodies insulin out put like processed sugars

### \*Nutrition

- The cherimoya is a well-balanced fruit, which contains protein, mineral, vitamins and very little fat
- It contains no cholesterol
- It is also a good source of fibre and potassium
- Cherimoya contains a high level of vitamin C
- Magnesium is also found in cherimoyas (about 10% of your daily requirement in a 300g serving) – magnesium plays a major role in enabling muscles to relax and as such may be the most important nutrient to protect against heart disease

### To Prepare:

- Cut the fruit in half and eat the flesh with a spoon, scooping out the inedible pips as you eat
- Cherimoya can also be diced in fruit salad, used in tarts and cakes

\*Source: [www.nutritiondata.com](http://www.nutritiondata.com)

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