



Soursop, Guanabana, Graviola

Soursop has a sweet and tart custard-like pulp. The fruit are typically heart shaped, and weigh up to ten pounds. They make superb milkshakes, but can be eaten fresh as well. The trees are fast growing, and they usually begin fruiting in just two years

Plant Highlights

- 15ft average height
- Year round fruiting
- Fast Growing
- Drought tolerant
- Fruiting in just 2 years

Soursop Trees produce remarkable fruit with a unique look and flavor. Those who have never seen a soursop before are often amazed by its elongated shape with bright green skin that has a soft prickly appearance. However, aside from being famous for a distinct fruit soursops are also known for their amazing health benefits. The fruit and leaves contain a number vitamins and nutrients like potassium, calcium, iron, vitamin C and Vitamin A for healthy skin and energy.

Boil the leaves in water and make Soursop tea for even more nutrients and natural healing properties. Soursop leaves are believed to boost the immune system to help bodies fight off infections and viruses, as well as providing pain relief.

Those who are prone to back pain and illnesses commonly turn to soursop leaves for relief. Even those with eczema use the leaves to aid their skin.

Once you cut past the vibrant skin you will find the soursop's soft white and creamy flesh. Its zesty tropical aroma will fill the room and you'll have to give into your urges to bite into to soursop's tantalizing flesh that is filled with exotic flavors like mango, pineapple, and banana.

Soursop flesh is like a blended fruit smoothie with sweet and sour juices. You can't find this tropical blend of flavors anywhere else. Soursops are great for snacking as well as pairing with desserts like ice cream or pies. Aside from producing tons of delectable fruit soursop trees also provide an exotic look with their lush green foliage and bright yellow flowers. The flowers pop against the soursop tree's long and slender leaves and draw the eye to their striking beauty.

Soursop trees will turn any space into a tropical get away indoors or out. This low maintenance tree is perfect for containers. If you live in an area that gets too cold for this tree simply place it in a pot and bring it indoors once the weather starts to get cold.



Soursop Punch

Soursop fruit medium sized
1 ½ pints cold water
1 strip lime peel
1-2 (400 g) can condensed milk
(amount to suit taste)

Directions:

wash & peel soursop.
Mash in bowl with lime peel.
gradually stir in 1 pint water.
mix well & strain through muslin cloth.
Add other 1/2 pint water , repeat process, making sure all flavor is out.
Add condensed milk to taste for sweetness.
Chill well before serving over Ice.