



Edible fruits

from
Vines, Cactus & Bromeliads

Fruits from the Mayan Civilization

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Eco-friendly,
very Healthy and Chic

Mexico, Guatemala, Honduras





Introduction

Our long-range goal is to encourage people to eat more natural products, especially fruits and vegetables. Our focused goal is to bring out pertinent information on the native fruits and vegetables of Mesoamerica, especially Guatemala.

We at FLAAR are especially interested in documenting all the edible and healthy fruits of the Maya areas, in particular Guatemala (but also in Mexico and the rest of Mesoamerica down through Costa Rica and Nicaragua).

The pages in this PDF are only a sample of the quality of photographs that we have in our research archive on Maya ethnobotany. To finish this book we need to undertake additional field trips throughout Guatemala and adjacent areas of Honduras and El Salvador. We have decades of experience in field research. But to find each species of fruit, in the precise week it is flowering, and in the precise month when the fruit is ripe, this is a challenge.

For example, pitahaya normally blooms in July. But in late October we found six gorgeous buds of this yummy fruit vine in the El Peten area of Guatemala. We made a special trip to this location and experienced the flowers opening two days later (each flower blooms only for a few hours, and at night; the next morning the flower is wilted).

So it is important for us to constantly be out in the rain forests, fields, and village orchards of the local people to make sure that we find every fruit.

Our project on healthy fruits to improve your life has three facets: Volume I is on the many anonas and zapote fruits (there are enough to fill an entire volume).

Volume II is on all other tree-borne fruits, A to Z (everything other than Anona or Zapote). Vol. II is a separate coffee table book.

What you have in your hands now is the abstract for Volume III. The plant descriptions, discussion, information on food value, bibliography, and documentation on where to find each species (and when each flowers and fruits) will be finished as soon as funding is available to our research institute.

In the meantime, we hope you enjoy the high-resolution quality of our photographs. We wish to impact the eyes, then the minds, then the heart-and-soul of the people of the world.

Contents

Fruits on vines

Granada (pomegranate), *Punica granatum*, is totally different than granadilla.

Granadilla, fruit of passion flower vine, *Passiflora ligularis*.

Maracuya, another passion flower vine fruit, *Passiflora edulis*

Split leaf philodendron, ceriman, Piña anona, *Monstera deliciosa*. Not a fruit but is on a vine.

Edible fruits from cactus or cactus-like vines

Mammillaria species have edible pulp

nopal and tuna, cactus, *Opuntia ficus*

Pitaya, Pitahaya, *Hylocereus undatus* and other species of pitaya.

Other fruits (not in trees)

Terrestrial bromeliads

Pineapple, a terrestrial bromeliad, *Ananas comosus*.

Piñuela, *Bromelia pinguin*, motate

Piñuela, *Bromelia alsodes*



Opuntia ficus indica, nopal



Hylocereus undatus, pitahaya





Hylocereus undatus, pitahaya



Monstera deliciosa, mano de tigre



Passiflora ligularis, Granadilla





Bromelia pinguin, piñuela



Ananas comosus, Pineapple



Opuntia ficus indica, nopal



Opuntia ficus indica, nopal



Passiflora ligularis, Granadilla





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