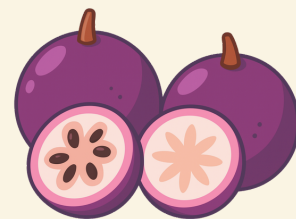
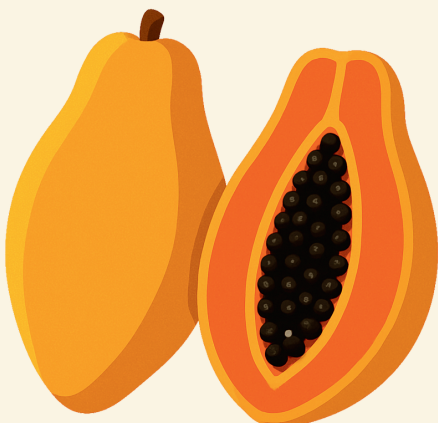
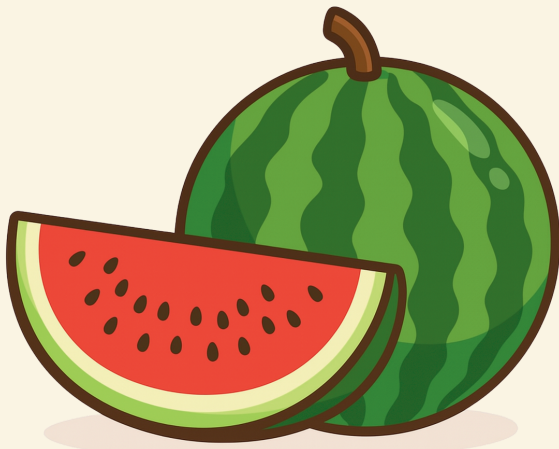


ISLAND FRUIT EXPLORER

FUN FACTS, NAME
& TROPICAL TASTE



For curious kids and
proud parents

A Core Thrills Companion Guide

Welcome to a Taste of Home and Discovery!

Whether you are a curious child, a proud parent, or simply drawn to the islands, this guide is your passport to the sweet and surprising treasures of the tropics.

From mango to watermelon, ginep to sugar apple, each fruit holds a little magic.

While we highlight certain islands where each fruit is especially loved, many of these fruits grow across the Caribbean. If you don't see your country listed, it doesn't mean the fruit isn't there or cherished. It simply means the Caribbean shares more in common than what can fit on a page.

Mango

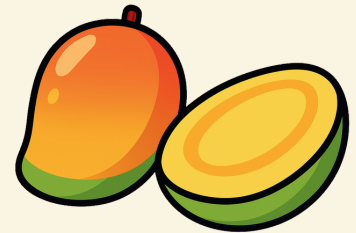
Known In: Jamaica, Trinidad & Tobago, Haiti, Dominica, and more.

Taste: Juicy, sweet, sometimes tangy

Nicknames: Julie mango, East Indian, Blackie

How to Say It: *MAN-go*

Known Fact: *There are over 100 varieties in the Caribbean!*



Banana

Known In: All Caribbean islands

Taste: Soft, sweet

Nicknames: Fig (St. Lucia), Sikiye (Haiti)

How to Say It: Buh-NAH-nuh

Fact: Bananas grow in bunches called "hands."



Guava

Known In: St. Kitts, Barbados, Grenada

Taste: Sweet and slightly floral

Nicknames: Guayaba (Spanish-speaking islands)

How to Say It: GWAH-vah

Fact: Guava leaves are used in traditional teas.



Sorange

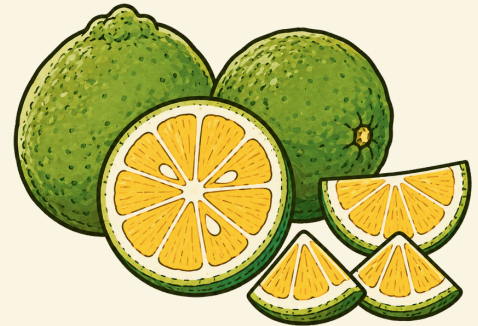
Known In: Dominica, Trinidad, Nevis

Taste: Tangy, bitter

Nicknames: China (some parts of Jamaica)

How to Say It: SOR-inj

Fact: Caribbean oranges are often green outside, but bitter inside!



Surinam Cherry

Known In: Guyana, Suriname, French Caribbean

Taste: Tart and sweet when fully ripe

Nicknames: Pitanga

How to Say It: SIR-uh-nam CHAIR-ee

Fact: The fruit turns from green to deep red when ripe.



Ackee

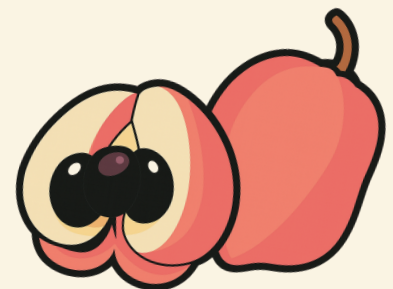
Known In: Jamaica (national dish)

Taste: Mild and buttery when cooked

Nicknames: Blighia

How to Say It: ACK-ee

Fact: Must be fully ripe and properly prepared, or it's toxic!



Avocado

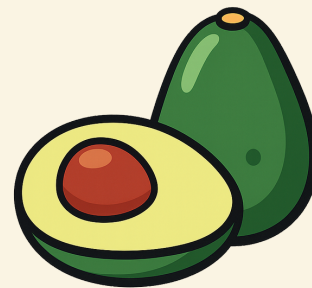
Known In: Most Caribbean islands

Taste: Creamy and mild

Nicknames: Pear (Jamaica)

How to Say It: av-uh-CAH-do

Fact: Eaten with bread or saltfish in many islands.



Breadfruit

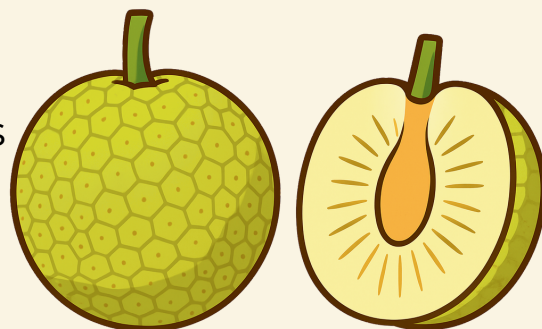
Known In: Jamaica, St. Vincent, Barbados

Taste: Starchy like potato

Nicknames: None

How to Say It: BRED-froot

Fact: Roasted, boiled, or fried – a Caribbean staple!



Breadnut

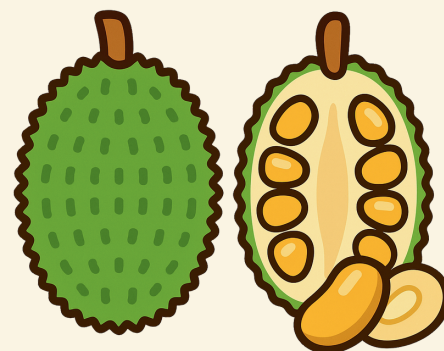
Known In: Belize, St Lucia, St Kitts and Nevis

Taste: Nutty

Nicknames: Maya Nut

How to Say It: BRED-nut

Fact: Seeds can be boiled like chestnuts.



Cashew

Known In: Puerto Rico, Guyana, Jamaica

Taste: Nutty seed, sweet fruit

Nicknames: Cashew Apple

How to Say It: KASH-oo

Fact: The nut is actually outside the fruit.



Coconut

Known In: All Caribbean islands

Taste: Sweet water, creamy flesh

Nicknames: Jelly (when young)

How to Say It: KO-ko-nut

Fact: Coconut water is a natural hydrator.



Baobab

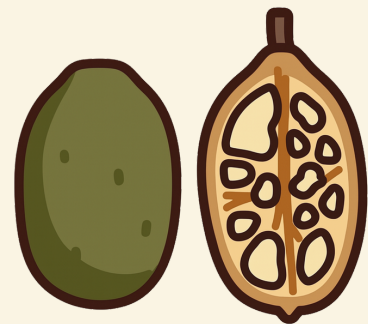
Known In: Haiti, Dominica, St. Lucia

Taste: Tangy and citrusy

Nicknames: Monkey Bread Tree

How to Say It: BAY-oh-bab

Fact: The pulp is rich in vitamin C and used in juices and traditional remedies.



Five Finger

Known In: Trinidad, Grenada, Barbados

Taste: Tart and crisp

Nicknames: Starfruit

How to Say It: FY-v fing-ger

Fact: Named for its star shape when sliced.



Ginep

Known In: Jamaica, Haiti, Dominican Republic

Taste: Sweet-sour

Nicknames: Chenet (Trinidad), Quenepa

How to Say It: GIN-ep

Fact: Suck the pulp, don't bite the seed!



Golden Apple

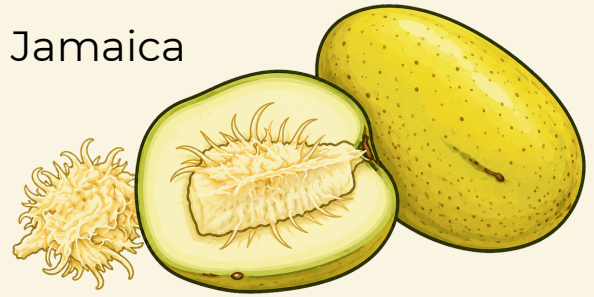
Known In: St. Lucia, Grenada, Barbados, Jamaica

Taste: Sweet-tart

Nicknames: June Plum, Ambarella

How to Say It: GOAL-den APP-ul

Fact: Can be eaten green or ripe.



Gooseberry

Known In: Antigua, St. Kitts, Trinidad

Taste: Sour and juicy

Nicknames: Bajan cherry

How to Say It: GOOSE-ber-ree

Fact: Great for jams and stews.



Hog Plum

Known In: Jamaica, Trinidad, Belize

Taste: Sour and fibrous

Nicknames: Monkey plum

How to Say It: HAWG plum

Fact: Popular in chutneys.



Jackfruit

Known In: Jamaica, Guyana, Dominican Republic

Taste: Sweet when ripe, meat-like when green

Nicknames: None

How to Say It: JACK-froot

Fact: One of the largest fruits on trees!



Mamey Sapote

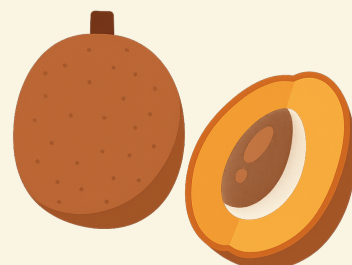
Known In: Cuba, Puerto Rico, Dominican Republic

Taste: Sweet, pumpkin-like

Nicknames: Mamey

How to Say It: MAH-may

Fact: Rich in vitamins A and C.



Naseberry

Known In: Jamaica, Belize, Dominican Republic

Taste: Brown, sweet, grainy texture

Nicknames: Sapodilla, Dilly (Bahamas)

How to Say It: NAYZ-ber-ee

Fact: The tree's sap was once used to make chewing gum!



Pineapple

Known In: Bahamas, Antigua, St. Vincent

Taste: Tangy-sweet

Nicknames: Anana (Spanish islands)

How to Say It: PINE-ap-ul

Fact: Symbol of hospitality in the islands.



Papaya

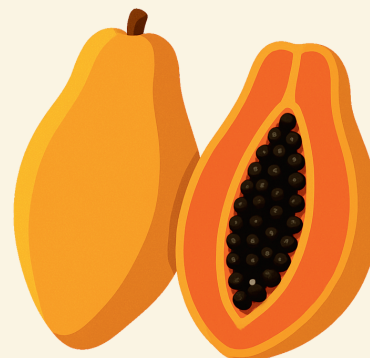
Known In: Barbados, Grenada, Jamaica

Taste: Sweet and soft

Nicknames: Pawpaw

How to Say It: puh-PIE-yuh

Fact: Papaya seeds are edible!



Passion Fruit

Known In: St. Lucia, Dominica, Grenada

Taste: Tart-sweet

Nicknames: Granadilla

How to Say It: PA-shun froot

Fun Fact: Used in juices and desserts.



Pomegranate

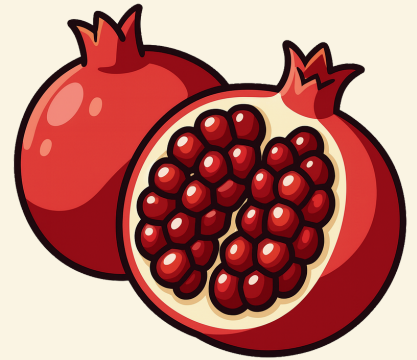
Known In: Grenada, Puerto Rico, U.S. Virgin Islands

Taste: Sweet-tart

Nicknames: None

How to Say It: POM-gran-it

Fact: Full of seeds and antioxidants.



Soursop

Known In: Jamaica, Haiti, Trinidad

Taste: Creamy, tart-sweet

Nicknames: Graviola

How to Say It: SOW-er-sop

Fact: Used to make delicious juices.



Star Apple

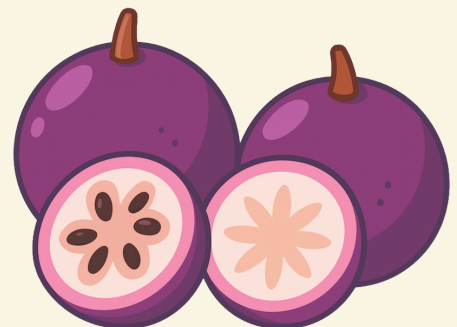
Known In: Jamaica, St. Lucia, Grenada

Taste: Milky sweet

Nicknames: Cainito

How to Say It: STAR app-ul

Fact: Purple skin, white or purple flesh.



Stinking Toe

Known In: Jamaica, Belize

Taste: Sweet, dry

Nicknames: Locust, Jatobá

How to Say It: STINK-ing toe

Fact: Smells odd, tastes great!



Sugar Apple

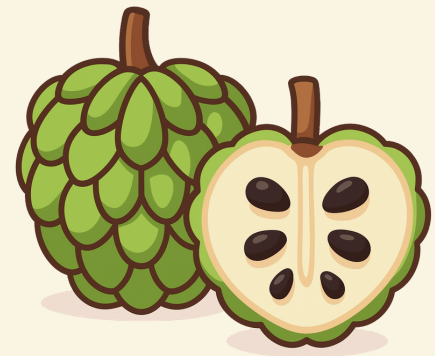
Known In: St. Kitts, Nevis, Montserrat

Taste: Sweet and creamy

Nicknames: Sweetsop

How to Say It: SHOO-gar APP-ul

Fact: Segmented and soft inside.



Tamarind

Known In: Barbados, Grenada, Jamaica

Taste: Tangy and tart

Nicknames: Tambran

How to Say It: TAM-uh-rind

Fact: Used in sauces, drinks, and candies.



Watermelon

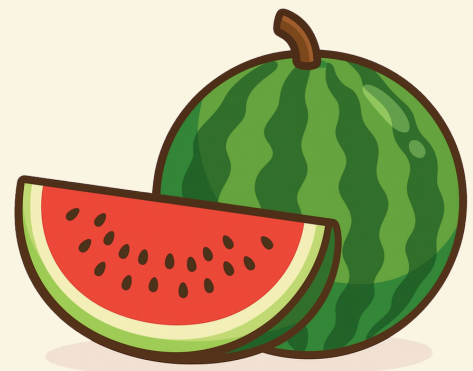
Known In: All Caribbean islands

Taste: Juicy and sweet

Nicknames: Melon

How to Say It: WAH-ter-mel-un

Fact: 90% water – a perfect hot-day snack!



Lime

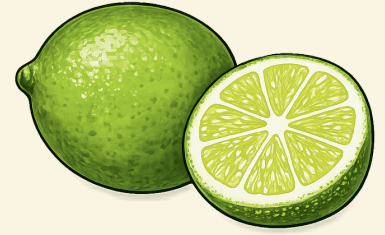
Known In: Dominica, St. Lucia, Belize, Trinidad

Taste: Sour, tangy, and refreshing

Nicknames: West Indian lime, Key lime

How to Say It: LIME

Fact: Lime juice is often used in Caribbean drinks, seafood dishes, and marinades.



Wax Apple

Known In: Trinidad & Tobago, Belize, Suriname, St. Maarten

Taste: Crisp, watery, and lightly sweet

Nicknames: Water apple, Java apple

How to Say It: WAKS AP-pul

Facts: Wax apples are shiny, bell-shaped fruits that are very refreshing when eaten cold.



Mountain Guava

Known In: Jamaica, Dominica, Grenada, St. Vincent

Taste: Sweet with a slightly tart tropical flavor

Nicknames: Strawberry guava, Cherry guava

How to Say It: MOUN-tin GWA-va

Fact: Mountain guava is smaller than regular guava and often grows wild in hilly Caribbean areas.



Damsel

Known In: Trinidad, Guyana, Antigua, Montserrat

Taste: Sweet and slightly tart

Nicknames: Damson, Damson plum

How to Say It: DAM-zul

Fact: Damsel fruits are commonly eaten fresh or preserved in syrups and jams in some Caribbean homes.



Rose Apple

Known In: Dominica, St. Lucia, Grenada, Martinique

Taste: Crisp, mildly sweet, and refreshing

Nicknames: Water apple

How to Say It: ROHZ AP-pul

Fact: Rose apples contain a lot of water, making them very refreshing on hot Caribbean days.



Sweet Cup

Known In: Jamaica, Puerto Rico, Trinidad, Guadeloupe

Taste: Sweet, slightly tangy, and aromatic

Nicknames: Sweet cup, Sweet calabash, Conch apple

How to Say It: SWEET CUP

Fact: Sweet cup is a type of passionfruit with a very hard shell that sometimes needs a tool to crack open.



Lemon

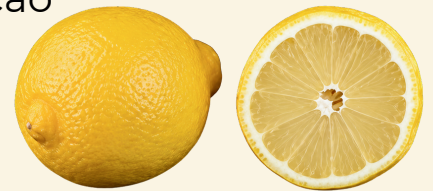
Known In: Cayman Islands, Barbados, Aruba, Curaçao

Taste: Sour, bright, and citrusy

Nicknames: Yellow lemon

How to Say It: LEH-mun

Fact: Lemons are often used in Caribbean drinks, baked foods, and home remedies.



Otaheite Apple

Known In: Jamaica, Trinidad & Tobago, Guyana, Puerto Rico

Taste: Crisp, juicy, lightly sweet, and refreshing

Nicknames: Malay apple, Jamaican apple, pommerac

How to Say It: oh-ta-HEE-tee AP-pul

Fact: Otaheite apple is botanically *Syzygium malaccense*. In Jamaica it is commonly called Otaheite apple/Jamaican apple, while in Trinidad it is often called pommerac.



Beach Almond

Known In: Turks & Caicos, British Virgin Islands, Barbados, Curaçao

Taste: Mildly sweet with a nutty flavor inside the seed

Nicknames: Sea almond, Tropical almond, West Indian almond

How to Say It: BEECH AH-mund

Fact: Beach almond trees often grow near Caribbean coastlines and provide cool shade by the sea.



Lychee

Known In: Jamaica, Trinidad & Tobago, Suriname, Cuba

Taste: Sweet, juicy, and floral

Nicknames: Litchi

How to Say It: LYE-chee

Fact: Lychee fruits grow in clusters and have a rough red skin that is peeled before eating.



Nance

Known In: Belize, Honduras, Panama, Costa Rica

Taste: Sweet, tart, and slightly cheesy when very ripe

Nicknames: Golden spoon, Nanche

How to Say It: NANTS

Fact: Nance fruits are often used to make juices, candies, and fermented drinks in Central America and the Caribbean coast regions.



Custard Apple

Known In: Jamaica, St. Lucia, Grenada, Dominica

Taste: Sweet, creamy, and soft

Nicknames: Red sugar apple, Sweetsop

How to Say It: CUSS-terd AP-pul

Fact: Some custard apples have reddish skin and are known in parts of the Caribbean as red sugar apples.



Sugarcane

Known In: St Kitts, Barbados, Cuba, Dominican Republic

Taste: Sweet and juicy

Nicknames: Cane, Sweet cane

How to Say It: SHOO-ger-kayn

Fact: Sugarcane juice is commonly sold fresh in many Caribbean countries and was historically important to the region's economy.



Red Banana

Known In: St. Vincent & the Grenadines, Dominica, Martinique, Guadeloupe

Taste: Sweet, creamy, and slightly berry-like

Nicknames: Red dacca banana, Cuban red banana

How to Say It: RED buh-NAH-nuh

Fact: Red bananas have reddish-purple skin and are usually softer and sweeter than yellow bananas.



Cacao

Known In: Grenada, Trinidad & Tobago, Dominican Republic, St. Lucia

Taste: Bitter seeds with sweet fruity pulp surrounding them

Nicknames: Cocoa, Chocolate tree

How to Say It: kuh-KOW

Fact: Cacao seeds are used to make chocolate, while the white pulp around the seeds can also be eaten fresh.



Loquats

Known In: Bermuda, Jamaica, Puerto Rico, Cuba

Taste: Sweet and slightly tangy

Nicknames: Japanese plum, Chinese plum

How to Say It: LOH-kwats

Fact: Loquats have smooth orange skin and usually contain several large brown seeds inside.



Orange

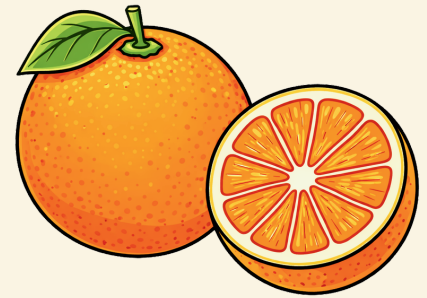
Known In: Jamaica, Trinidad, Barbados

Taste: Sweet and juicy

Nicknames: Sweet orange

How to Say It: OR-anj

Fact: Vitamin C to help keep you healthy!



Dragon Fruit

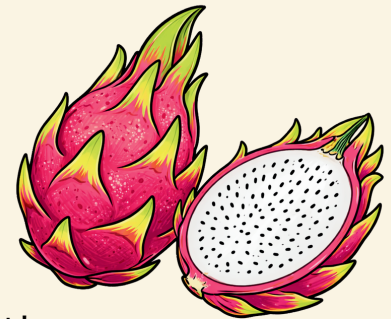
Known In: St. Vincent, St. Lucia, Trinidad

Taste: Mild and slightly sweet

Nicknames: Pitaya

How to Say It: DRAG-un fruit

Fact: Tiny black seeds are crunchy and fun to eat!



Plantain

Known In: Jamaica, Trinidad, Puerto Rico, Dominican Republic.

Taste: Starchy and slightly sweet

Nicknames: Green banana, Cooking banana

How to Say It: PLAN-tayn

Fact: Ripe plantains are fried in many Caribbean countries. In the Dominican Republic and across the Caribbean, plantains are fried, then smashed, and fried again to make tostones!



Sea Grapes

Known In: Jamaica, The Bahamas, Belize, Florida Keys

Taste: Sweet, juicy, and slightly salty

Nicknames: Seagrape, Beach grape

How to Say It: SEE-grayps

Fact: The fruit is used to make jelly and drinks, and the leaves are used in teas!

