



# UNIQUE PHYSIQUE

PERSONAL TRAINING & NUTRITION CONSULTING

## Fruits

**Acerola** - A cherry-like fruit from a small tree in the West Indies and adjacent areas. This fruit contains a high concentration of vitamin C. Also called "Barbados cherry" and "Puerto Rican cherry."

**Ackee** - A bright red tropical fruit ("blighia sapida") that features a soft, creamy white flesh. Captain Bligh brought the fruit from West Africa to Jamaica in 1793. Certain parts of the fruit are toxic when under-ripe.

**Acorn Squash** - An oval winter squash with a ribbed, dark green skin and slightly sweet orange flesh. May be eaten baked or directly from the shell. The word squash comes from the Massachusetts Indian word "asquash," meaning "eaten green."

**Apple** - Cultivated in temperate zones throughout the world for at least 3,000 years, there are now thousands of varieties of this popular member of the rose family.

**Apricot** - A relative of the peach, this fruit has been grown in China since 2,000 B.C. 90% of the American crop comes from California. Select plump, relatively firm fruit with a uniform color.

**Avocado** - A rich fruit known for its lush, buttery texture and mild, nutty flavor. Comes from the Nahuatl word for "testicle," perhaps for its shape. 80% of the U.S. crop comes from California. Avocados are the chief ingredient in "guacamole."

**Balsam Pear** - Not a pear at all, but the fruit of a tropical climbing herb in Africa and Asia. It is similar to a cucumber and is used as a vegetable in meat dishes, fish dishes, and in soups. Also called "bitter melon" or "bitter gourd."

**Banana** - The world's most popular fruit. The most common U.S. variety is the yellow Cavendish. They are picked green and develop better flavor when ripened off the bush. Two sweeter varieties are the red banana and the dwarf or finger banana.

**Barbados Cherry** - A cherry-like fruit from a small tree in the West Indies and adjacent areas. This fruit contains a high concentration of vitamin C. Also called "acerola" and "Puerto Rican cherry."

**Beechnut** - The small, triangular fruit of the beech tree that has been used since prehistoric times. The flavor has been described as a cross between a hazelnut and a chestnut. Usually roasted before serving. Used in breads and pressed for oil.

**Bitter Melon** - The fruit of a tropical climbing herb in Africa and Asia. It is similar to a cucumber and is used as a vegetable in meat dishes, fish dishes, and in soups. Also called "Balsam pear" or "bitter gourd."

**Blackberry** - Also called "bramble," these are the largest of the wild berries, up to 1 inch long when mature. Look for plump, deep colored berries without hulls. (If hulls are present, the berries were picked too early and will be tart.)

**Blueberry** - The blue-black berries of this plant are smooth-skinned, round, juicy, and sweet. Look for firm, uniformly sized blueberries that are indigo blue with a silvery frost.

**Bottle Gourd** - A common variety of hard-shelled gourd, also called "white-flowered gourd" and "Calabash gourd." This gourd is used in the West Indies to produce a very popular syrup. Its shell is often used to create bowls and other utensils.

**Boysenberry** - Created by horticulturalist Rudolph Boysen in 1923 by crossing a raspberry, blackberry, and a loganberry. It is shaped like a large raspberry and has a rich sweet-tart flavor.

**Bramble** - These are the largest of the wild berries, up to 1" long when mature. Look for plump, deep colored berries without hulls. (If hulls are present, the berries were picked too early and will be tart.) More commonly known as "blueberry."

**Breadfruit** - This fruit is native to the Pacific. The fruit is up to ten inches in diameter and it has a bumpy green skin and a bland cream-colored center. Breadfruit can be baked, grilled, fried, or boiled, and served as a sweet or savory dish.

**Breadnut Tree Seeds** - The seeds of a tree from the mulberry family that is grown in Mexico, Central America, and the West Indies. These seeds are boiled, ground into flour and made into bread. Also called "Jamaican breadnut" and "Ramons."

**Bullock's Heart** - Also called "Custard Apple," this tropical fruit tastes like a cross between pineapple, mango, and strawberry. The flesh is cream-colored and has the texture of firm custard.

**Butternut Squash** - Large winter squash that looks like a pear-shaped baseball bat. This vegetable weighs about 2 to 3 pounds and has a sweet orange flesh. Used in breads, stews, soups, muffins, and puddings.

**Caimit** - The purple, white, green, yellow, or rose-colored fruit of a West Indian tree. When cut open, the seeds are disposed into the shape of a star. Also called "star apple."

**Calabash** - A common variety of hard-shelled gourd, also called "bottle gourd" and "white-flowered gourd." This gourd is used in the West Indies to produce a very popular syrup. Its shell is often used to create bowls and other utensils.

**Cantaloupe** - True cantaloupes are European and are not exported to the U.S. North American "cantaloupes" are actually muskmelons. The light orange flesh is mild, sweet, and very juicy.

**Cape Gooseberry** - Also called "ground cherry," this fruit has a bitter-sweet, juicy flesh. This fruit is eaten out of hand and used with meats, pies, jams, and savory foods.

**Carambola** - Also known as "star fruit," this fruit reveals a star-shaped center when it is cut crosswise. This juicy and fragrant tropical fruit ranges in taste from sweet to tart, depending on the variety.

**Carissa** - This scarlet fruit of a South African shrub is an oval berry about 2 inches long. This fruit is used in pies, jellies, and preserves. Also called "Natal plum."

**Casaba Melon** - This member of the muskmelon family has cream-colored flesh, is extremely juicy, and has a mild cucumber-like flavor.

**Chayote** - This gourd-like fruit has a bland white flesh. Chayotes can be prepared in any way suitable for summer squash. It is a good source of potassium.

**Cherimoya** - This large tropical fruit tastes like a cross between a pineapple, mango, and strawberry. The flesh is cream-colored and has the texture of firm custard.

**Cherry** - There are two main types of cherries: sweet and sour. The sweet varieties include Bing, Lambert, Tartarian, and Royal Ann (from which Maraschino cherries are made). The sour types include Early Richmond, Montemorency, English Merello.

**Chinese Gooseberry** - A fruit containing a brilliant green flesh with tiny, edible black seeds. It has a unique tart-sweet taste. Also known as the "kiwi fruit."

**Chinese Watermelon** - The melon-like fruit of a tropical Asian vine belonging to the gourd family. Also called "white gourd."

**Chinese Date** - A leathery skinned, olive-sized fruit that ranges from red, to off-white, to black, depending on the variety. It has a rather dry flesh that tastes somewhat like a prune. Also known as "Chinese Jujube" and "Red Date."

**Citron** - A semitropical fruit that resembles a six-to-nine inch long lemon. Because the pulp is very sour, it is unsuitable for eating. The extremely thick peel, however, is candied and used in baking.

**Citrus** - A large family of fruits that include grapefruits, lemons, limes, oranges, shaddocks, tangerines, and kumquats.

**Coconut** - Fruit of the coconut tree. It has a hard outer husk enclosing a large nut containing a white, edible, jelly-like substance called the "endosperm."

**Cooking Banana** - The fruit of a large tropical herb that belongs to the banana family, but are larger, starchier, and not as sweet. It has a squash-like flavor and is used much like a potato. Also called the "baking banana" and "plantain."

**Crabapple** - A small, red apple with a hard, extremely tart flesh. Used in jellies and jams, but are generally too tart for eating out-of-hand.

**Cranberry Bean** - Also known as "Roman beans," these beans are buff-colored with reddish streaks. Used to add interest and visual appeal to salads and dishes like succotash.

**Cranberry** - A bright red berry of the heath family. About 70% of the crop comes from the Cape Cod area. Because of their tartness, they are often combined with other fruits and used in chutneys, pies, and other desserts.

**Crenshaw** - This hybrid muskmelon is considered one of the most succulent of melons. They weigh in at between 5 and 9 pounds.

**Crookneck Squash** - Any of several varieties of summer squash with a long curved neck and a bulbous base. The creamy-white flesh has a mild flavor.

**Cucumber** - A long, green, cylinder-shaped member of the gourd family with edible seeds surrounded by mild, crisp flesh. Used for making pickles and usually eaten raw. Cucumbers have been cultivated for thousands of years.

**Currant** - This fruit is a tiny berry from the gooseberry family. There are black, red, and white currants. Black ones are used in syrups and liqueurs; red and white ones are eaten and used in some preserves and sauces.

**Custard Apple** - Also called "Cherimoya" and "Bullock's Heart," this tropical fruit tastes like a cross between pineapple, mango, and strawberry. The flesh is cream-colored and has the texture of firm custard.

**Date** - The fruit of the giant date palm, which lives up to 200 years and has been cultivated for over 5,000 years. Dates are about 55% sugar when picked--higher as they dry. In the U.S., dates are grown primarily in Arizona and California.

**Dewberry** - A trailing-vine variety of blackberry.

**Dishcloth Gourd** - The fruit of any of several tropical vines of the gourd family. Also

called the "loofah," "rag gourd," and "vegetable sponge." The dried insides of these gourds can be used as a sponge.

**Dragon's Eye** - A small, round fruit with a thin brown shell. Its flesh is soft, white, juicy, and surrounds one large black seed. Used as a snack, in oriental soups, desserts, and some sweet-and-sour dishes. Also called "longan."

**Elderberry** - The purple-black fruit of the elder tree. Used to make jams, jellies, and the famous homemade elderberry wine--a spicy brew that can become as potent as its maker desires.

**Feijoa** - This small, egg-shaped fruit is native to South America. It provides a very fragrant, cream-colored flesh with a jelly-like center.

**Fig** - The fruit of any of approximately 700 varieties of fig trees. Figs are a good source of iron, calcium and phosphorus.

**Gooseberry** - Large tart berries used in jams, jellies, pies and desserts. The English and French use this berry to make gooseberry sauce for use with boiled or baked mackerel.

**Granadilla** - A tropical fruit native to Brazil, but now grown in the U.S., New Zealand, and Australia. The flavor is sweet, yet tart, and has a perfumy tropical fragrance. Also called "passion fruit."

**Grape** - Any of thousands of varieties of edible berries that grow in clusters. "Slip-skin" varieties have skins that slip off easily. Table grapes are eaten out-of-hand. Grapes used for wines are highly acid and generally too tart to eat.

**Grapefruit** - So named because they grow in grape-like clusters. These large citrus fruits are grown in Arizona, California, Florida, and Texas. They are available in both seeded and seedless varieties.

**Ground Husk Tomato** - A small fruit, also called the "Tomatillo," that is related to the tomato and the cape gooseberry. Their flavor is said to resemble a cross between lemon, apple, and herbs. Used in guacamole and many sauces.

**Ground Cherry** - Also known as "cape gooseberry," this fruit has a bittersweet, juicy flesh. This fruit is eaten out of hand and used with meats, pies, jams, and savory foods.

**Guanabana** - The large, dark-green, slightly acidic and pulpy flesh of the fruit of a small West Indies tree called the "soursop." Not surprisingly, this fruit is also called "soursop."

**Guava** - A sweet, aromatic tropical fruit from the myrtle family. Used in jams, jellies, preserves, sauces, and beverages. Can also be eaten out of hand.

**Hog Plum** - The edible fruit of a tropical American tree that is plentiful in northeastern Brazil. It is bright yellow, oval, average an inch long, and features a soft, juicy sub-acid pulp surrounding a large seed. Also called "yellow mombin."

**Honeydew** - Melons related to cantaloupes, casaba and Persian melons. Honeydew melons are used to accompany meat, seafood, and cheese. They are also used in salads, desserts, and fruit soups.

**Hubbard Squash** - A large winter squash of American origin. Often mashed and mixed with butter and seasonings. Also used in casseroles, muffins, and pies.

**Imbu** - The edible fruit of a tropical American tree that is plentiful in northeastern Brazil. It is bright yellow, oval, averages an inch long, and features a soft, juicy sub-acid pulp surrounding a large seed. Also called "yellow mombin."

**Jackfruit** - A large fruit related to the fig and the breadfruit. This fruit, indigenous to Africa, Brazil, and Southeast Asia, which weighs up to 100 pounds, is used in desserts.

**Jamaican Breadnut** - The seeds of a tree from the mulberry family that is grown in Mexico, Central America, and the West Indies. These seeds are boiled, ground into flour and made into bread. Also called "Ramons."

**Jamberry** - A small fruit, also called the "tomatillo," that is related to the tomato and the cape gooseberry. Their flavor is said to resemble a cross between lemon, apple, and herbs. Used in guacamole and many sauces.

**Jambolan** - An olive-sized fruit of a tropical evergreen that is cultivated throughout Southeast Asia to the Philippines. The several varieties vary in sweetness and range from white to dark purple. Also called the "Java plum."

**Japanese Plum** - This pear-shaped fruit has a juicy, crisp flesh and a sweetly tart flavor. Used as a snack, in salads, and in chicken and duck dishes. Also called "loquat" and "Japanese Medlar."

**Japanese Medlar** - This pear-shaped fruit has a juicy, crisp flesh and a sweetly tart flavor. Used as a snack, in salads, and in chicken and duck dishes. Also called "loquat" and "Japanese Plum."

**Java Plum** - An olive-sized fruit of a tropical evergreen that is cultivated throughout Southeast Asia to the Philippines. The several varieties vary in sweetness and range from white to dark purple. Related to the rose apple and the pitanga.

**Jobo** - The edible fruit of a tropical American tree that is plentiful in northeastern Brazil. It is bright yellow, oval, averages an inch long, and features a soft, juicy sub-acid pulp surrounding a large seed. Also called "yellow mombin."

**Jujube** - A small, hard, gelatinous candy with a fruit-flavor. Also refers to a Chinese jujube, a red, olive-sized fruit with a leathery skin with a prune-like flavor.

**Kanpyo** - Strips of dried gourd, popular in Japan. The strips are soaked in water to soften before they are used in sushi, soups, and broths.

**Kiwi Fruit** - A fruit containing a brilliant green flesh with tiny, edible black seeds. It has a unique tart-sweet taste. Also known as the "Chinese gooseberry."

**Kumquat** - The smallest of the citrus fruits, the kumquat is used in desserts, jellies, and marmalades. If eaten fresh, the fruit should be very ripe or it will likely be unpalatable.

**Lemon** - A yellow citrus fruit with a juicy flesh and a acidic juice. This simple fruit is a powerful flavoring agent that finds hundreds of uses in desserts, drinks, marinades, and drinks.

**Lime** - A small, green citrus fruit that resembles a lemon. Used in drinks and is the primary ingredient in the famous "Key lime pie." British sailors were called "limeys" because they used lime as a scurvy-preventative.

**Litchi** - This fruit is used in salads and as a dessert. It has a creamy white flesh that is juicy and sweet. The litchi has been cultivated in China for over 2,000 years. Dried litchis are eaten like nuts. Also called the "lychee nut."

**Loganberry** - A berry that resembles a red raspberry (purple when ripe). The berry, discovered by in the late 1800's by J. H. Logan in California, tastes somewhat like a raspberry but is slightly more acidic.

**Longan** - A small, round fruit with a thin brown shell. Its flesh is soft, white, juicy, and surrounds one large black seed. Used as a snack, in oriental soups, desserts, and some sweet-and-sour dishes.

**Loofah** - The fruit of any of several tropical vines of the gourd family. The dried insides of these gourds can be used as a sponge. Also called "vegetable sponge" and "sponge gourd."

**Loquat** - This pear-shaped fruit has a juicy, crisp flesh and a sweetly tart flavor. Used as a snack, in salads, and in chicken and duck dishes.

**Mandarin Orange** - A category of thin-skinned citrus fruit that includes several varieties. The most common variety sold in the U.S. is the "tangerine." It has a delicate, somewhat spicy tart.

**Mango** - The fruit of the tropical mango tree. The flesh is very juicy and pleasantly acid. Used in snacks, jams, jellies, and desserts. Green mangos are used to make pickles and chutney.

**Marmalade Plum** - Fruit of a tree, native to Mexico and Central America, also called the "marmalade tree" or "sapote." It offers a sweet, edible fruit.

**Marrow Squash** - Also known as "vegetable marrow," this oval squash-like gourd, which is related to the zucchini, has a bland flavor and is often stuffed with a meat filling.

**Mulberry** - A berry resembling a blackberry that comes in white, red and black varieties. Their flavor is sweet and somewhat bland. The leaves of the white mulberry are used in silkworm cultivation.

**Muskmelon** - Muskmelons are called "cantaloupes" in North America, but they are not actually cantaloupes. True cantaloupes are European and are not exported to the U.S. The light orange flesh is mild, sweet, and very juicy.

**Natal Plum** - This scarlet fruit of a South African shrub is an oval berry about 2 inches long. This fruit is used in pies, jellies, and preserves. Also called "Carissa."

**Nectarine** - A fuzzless relative of the peach, the nectarine is one of the oldest fruits. The flesh is very juicy and may be red, yellow, or white. Best eaten raw.

**Orange** - Citrus fruit from the orange tree. There are three major types of oranges: Sweet (Valencia, Mediterranean, and Navel), Loose-skinned (Mandarin, King), and Bitter (Seville, Bergamot). Bitter oranges are used in marmalades.

**Papaya** - The fruit of the papaya tree, which grows from seed to a 20-foot fruit-bearing tree in under 18 months. The fruit is juicy, smooth, and has a sweet-tart flavor. "Papain," a digestive enzyme used in meat tenderizers, comes from papayas.

**Passion Fruit** - A tropical fruit native to Brazil, but now grown in the U.S, New Zealand, and Australia. The flavor is sweet, yet tart, and has a perfumy tropical fragrance. Used as a table fruit, as well as for sherbets, candies, and beverages.

**Peach** - This fruit is third in importance in the U.S. (behind apples and second-place oranges). There are two general classifications: Freestone, in which the pit falls freely away from the flesh, and Clingstone, in which it does not.

**Pear** - A fruit from to the rose family which includes apples, plums, cherries, apricots, and strawberries. There are over 5,000 varieties of pears. It improves in texture and flavor after it is picked. France is the leading pear-growing country.

**Persimmon** - A warm-weather fruit of which there are two important varieties: "Hachiya" (Japanese persimmon) and the "Fuyu" which is milder. The Fuyu is smaller. Both should be completely ripe before eaten. Used in baked goods and desserts.

**Pineapple** - An exceedingly juicy fruit with a distinctive tangy sweet taste. Pineapples must be picked when ripe because they won't ripen off the plant. The English named this fruit for its resemblance to a pine cone.

**Pitanga** - The yellow to deep red, cherry-like fruit of a Brazilian tree of the myrtle family. These fruit, which are now grown in the U.S., are slightly acid and are eaten out-of-hand and used in jams and jellies. Also called "Surinam cherry."

**Plantain** - The fruit of a large tree-like tropical herb. Plantains belong to the banana family, but are larger, starchier, and not as sweet. It has a squash-like flavor and is used much like a potato. Also called the "cooking banana."

**Plum** - There are hundreds of varieties of this edible fruit. Colors include blue, green, purple, red, and yellow. The flesh is thick and juicy and the flavor ranges from sweet to tart. Plums are eaten out-of-hand and used in sauces and desserts.

**Poha** - Also known as "cape gooseberry," this fruit has a bitter-sweet, juicy flesh. This fruit is eaten out-of-hand and used with meats, pies, jams, and savory foods.

**Pomegranate** - The pomegranate is an orange-sized fruit with a hard leathery skin. Inside are hundreds of edible seeds with a sweet pleasantly acidic taste. Pomegranates are eaten out-of-hand, used in salads, and sprinkled over desserts.

**Pomelo** - Also called "shaddock" and "pumello," this large citrus fruit is very similar to large grapefruits, but can weight up to 25 pounds. May be prepared and served any way that grapefruits are prepared and served.

**Prickly Pear** - The fruit from several varieties of cactus. It is gaining popularity in the U.S. Sweet and somewhat bland, prickly pear are served whole and used in candies and preserves.

**Prune** - A dried plum. Traced back to Roman times, the prune is popular for its ability to store well. Commercial dehydration has replaced sun-drying as the method of producing plums.

**Puerto Rican Cherry** - A cherry-like fruit from a small tree in the West Indies and adjacent areas. This fruit contains a high concentration of vitamin C. Also called "acerola" and "Barbados cherry."

**Pumpkin** - A large orange gourd related to the muskmelon and the squash. Pumpkins are popular in pies, but can be prepared like any winter squash. The seeds, which are known as "pepitas," are often husked and roasted to produce a nutty snack food.

**Quince** - The round pear-shaped fruit of the quince tree. The flesh tastes somewhat like a cross between an apple and a pear. Popular in jams, jellies, and preserves, this fruit is normally better for cooking than for eating out-of-hand.

**Rag Gourd** - The fruit of any of several tropical vines of the gourd family. The dried insides of these gourds can be used as a sponge. Also called the "sponge gourd."

**Raisin** - A dried grape. Raisins have a higher sugar content and a different flavor from grapes. Raisins are eat out-of-hand and used in cereals, puddings, cookies, cakes, muffins, stuffings, salads, and rolls.

**Ramons** - The seeds of a tree from the mulberry family that is grown in Mexico, Central America, and the West Indies. These seeds are boiled, ground into flour and made into bread. Also called "Jamaican breadnut."

**Raspberry** - A strongly-flavored berry made up of many connecting drupelets (individual sacs of fruit, each with its own seed). Varieties include golden, black, and red. The red type is the most common. Attached hulls indicate immaturity.

**Red Banana** - Available in some markets is the short, chubby red banana. This variety of banana is sweeter than the extremely popular yellow variety known as the "Cavendish."

**Rhubarb** - The rhubarb is a very tart member of the buckwheat family. It is generally eaten as a fruit but is actually a vegetable. It is used in sauces, jams, and desserts. Rhubarb leaves contain the toxin "oxalic acid" and should not be eaten.

**Rose Apple** - The oval, yellow fruit of various tropical trees belonging to the myrtle family. These fragrant fruits not generally eaten out-of-hand but are most often used in making jams, jellies and confections.

**Roselle** - A tropical plant of the mallow family that is cultivated for its thick, red calyx and bracts, used in making jellies and as a cranberry substitute.

**Sapodilla** - A large evergreen tree of tropical America that bears an edible fruit. The sapodilla is the source of "chicle," the key ingredient in the manufacture of chewing gum.

**Sapote** - This tree, native to Mexico and Central America, is also called the "marmalade tree" or "sapota." It offers a sweet, edible fruit. "Sapote" is also used to refer to the "sapadilla tree."

**Satsuma Orange** - A small Japanese orange that belongs to the Mandarin family. It contains relatively few seeds.

**Scallop Squash** - A flat, whitish variety of squash that features a scalloped edge. Also known as "cymling" and "pattypan squash."

**Soursop** - The large, dark-green, slightly acidic and pulpy flesh of the fruit of a small

West Indies tree called the soursop. Also called "guanabana."

**Spaghetti Squash** - This creamy-yellow watermelon-shaped squash is so named because its flesh, when cooked, separates into yellow-gold spaghetti-like strands. Avoid greenish squash (indicating immaturity).

**Sponge Gourd** - The fruit of any of several tropical vines of the gourd family. The dried insides of these gourds can be used as a sponge. Also called the "luffah."

**Star Apple** - The purple, white, green, yellow, or rose-colored fruit of a West Indian tree. When cut open, the seeds are disposed into the shape of a star. Also called "caimit."

**Strawberry** - This hardy member of the rose family is a red, juicy sweet-tart berry. The French "European Alpine" strawberries are tiny, very sweet berries and are considered the finest. Eaten out-of-hand, used in wines, liqueurs, and in desserts.

**Summer Squash** - The fruit of various members of the gourd family. Summer squash has a thin edible skin, soft seeds, high water content, and a mild flavor.

**Surinam Cherry** - The yellow to deep red, cherry-like fruit of a Brazilian tree of the myrtle family. These fruit, which are now grown in the U.S., are slightly acid and are eaten out-of-hand and used in jams and jellies. Also called "pitanga."

**Sweetsop** - Also known as "Sugar Apple," this is the sweet pulpy fruit of a tropical American tree. The skin of this heart-shaped fruit is sweet and custard-like. It is similar in flavor to a mild cherimoya. Eaten raw and in desserts and in ices.

**Table Queen Squash** - An oval winter squash with a ribbed, dark green skin and slightly sweet orange flesh. May be eaten baked or directly from the shell. Also known as "acorn squash."

**Tangelo** - A cross between a tangerine and the pomelo. This fruit contains only a few seeds and provides a juicy, sweetly tart taste.

**Tangerine** - A thin-skinned citrus fruit descended from the mandarin orange. It has a delicate, somewhat spicy tart. Named after the African city of Tangiers (even though they originated in China).

**Tomatillo** - A small fruit, also called the "Mexican tomato," that is related to the tomato and the cape gooseberry. Their flavor is said to resemble a cross between lemon, apple, and herbs. Used in guacamole and many sauces.

**Tomato** - A fruit from the nightshade family (like the potato and eggplant). The U.S. government classified it as a vegetable for trade purposes in 1893. Tomatoes should not be refrigerated--the cold adversely affects the flavor and the flesh.

**Tunka** - The melon-like fruit of a tropical Asian vine belonging to the gourd family. Also called "white gourd."

**Vegetable Marrow** - This edible squash-like gourd, also known as "marrow squash," is related to the zucchini. It has a bland flavor and is often stuffed with a meat filling.

**Watermelon** - Originally from Africa, this melon has a sweet, moist red flesh. Asians roast the seeds, and pickled watermelon rind is popular in some parts of the world. If slapping the watermelon returns a resounding hollow thump, it is ripe.

**White-Flowered Gourd** - A common variety of hard-shelled gourd, also called "bottle gourd" and "Calabash gourd." This gourd is used in the West Indies to produce a very popular syrup. Its shell is often used to create bowls and other utensils.

**Yellow Mombin** - The edible fruit of a tropical American tree that is plentiful in northeastern Brazil. It is bright yellow, oval, averages an inch long, and features a soft, juicy sub-acid pulp surrounding a large seed. Also called "hog plum."

**Youngberry** - A hybrid variety of blackberry with a dark red color and a sweet juicy flesh.

**Zante Currant** - This fruit of the Zante grape is a tiny, dark raisin. It comes from Corinth Greece and is used primarily in baked foods. The Zante Currant is unrelated to the other fruit called the "currant."

**Zucchini** - A popular summer squash with an off-white flesh with a light, somewhat bland flavor. Zucchini can be steamed, grilled, sautéed, deep-fried, and baked.

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