

Health Minute™

Peanut Butter *Fruit*?

Continuing on our theme of unusual fruits, our attention falls on *Bunchosia argentea*, otherwise known as **Peanut Butter Fruit**. Yes, the fruit really do taste like peanut butter. Besides being very ornamental, the trees produce yellow flowers starting in the late spring followed by a constant supply of fruit through the summer. The fruit is especially delicious when made into a milkshake. Imagine having a peanut butter and jelly sandwich without the fat and salt of peanut butter. Most of these exotic fruits thrive in our southwest Florida climate – why not try growing some of your own?



Peanut Butter Fruit Facts	Growing Peanut Butter Fruit
<p>Fruit is the about the size of a medium fig Fruit must be picked every day – they spoil on the tree quickly Fruit have a peanut butter-like texture and flavor Flesh can be separated from the seed and stored in the refrigerator</p>	<p>Grows in full sun to full shade Frost tolerant Grows quickly and bears fruit within the first year Looking for rare fruits? Our friends at Powell's Nursery in Punta Gorda can always help us find what we're looking for. 941-639-2446</p>