Put T&T on your table
Eat healthy food grown Right Here

Fruits grown in

TRINIDAD and TOBAGO

50 YEARS OF INDEPENDENCE
TRINIDAD & TOBAGO

Government of the Republic of Trinidad and Tobago
Courtesy of the Ministry of Food Production

Abiu
(Pouteria caimito)

Akee
(Blighia sapida)

Avocado
(Zaboca)
(Persea americana)

Bael
(Golden Apple)
(Aegle marmelos)

Balata
(Manilkara bidentata)

Banana
(Fig)
(Musa)

Barahar
(Artocarpus lakoocha)

Barbadine
(Passiflora quadrangularis)

Bilimbi
(Averrhoa bilimbi)

Biriba
(Cashima)
(*Rollinia Mucosa*)

Black Sapote
(Diospyros digyna)

Breadfruit
(Artocarpus communis)

Caimite
(Chrysophyllum cainito)

Camu camu
(Myrciaria dubia)

Canistel
(Pouteria campechiana)

Cashew
(Anacardium occidentale)

Chalta
(Dillenia indica)

Chataigne
(Artocarpus camansi)

Chennette
(Melicoccus bijugatus)

Citron
(Citrus medica)

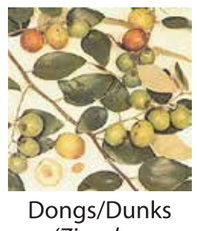
Cocoa
(Theobroma cacao)

Coconut
(Cocos nucifera)

Cocorite
(Attalea butyracea)

Coffee
(Coffea robusta/ Coffea arabica)

Custard Apple
(Annona reticulata)


Dongs/Dunks
(Zizyphus mauritiana)

Fat Pork
(*Chrysobalanus icaco*)

Five Fingers
(Carambola)
(Averrhoa carambola)

Garcinia
(*Garcinia spp*)

Governor
Plum
(*Spondias purpurea*)

Grapefruit
(Citrus paradisi)

Gri Gri
(Bactris setulosa)

Gru Gru beff
(Similar: Banga)
Grou grou boeuf
(Acrocomia aculeata)

Grumichama
(Eugenia brasiliensis)

Guava
(Psidium guajava)

Hog Plum
(Spondias mombin)

Jaboticaba
(Myrciaria cauliflora)

Jackfruit
(Similar: Catahar; Kowha)
(Artocarpus heterophyllus)

Jamun
(Java Plum)
(Syzygium cumini)

Lay Lay
(Manjack)
(*Caordia collococca*)

Lemon
(Citrus limon)

Lime
(Citrus aurantifolia)

Lychee
(Litchi chinensis)

Mammy Sapote
(Mamme americana)

Mandarin
(*Citrus reticulata*)

Mango
(Mangifera indica)

Mangosteen
(Garcinia mangostana)

Marbolo
(Diospyros blancoi)

Miracle Fruit
(Synsepalum dulcificum)

Monkey Apple
(*Annona purpurea*)

Noni
(*Morinda citrifolia*)

Orange
(Similar: Clementine, Navel, Valencia, Parson Brown)
(*Citrus sinensis*)

Padoo
Poix Doux
(Inga laurina)

Passion Fruit
(Passiflora edulis)

Paw Paw
(Papaya)
(Carica papaya)

Peewah
(Bactris gasipaes)

Pennypiece
(*Pouteria multiflora*)

Pineapple
(Ananas comosus)

Pitomba
(Eugenia luschnathiana)

Plum
(Spondias purpurea variety *Lutea)*

Pommegranate
(*Punica granatum*)

Pommerac
(*Syzygium malaccense*)

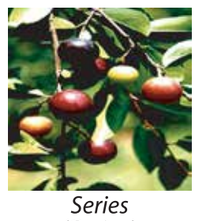
Pomseetay
(Pommecythere)
(Spondias cytherea)

Portugal
(Citrus reticulata)

Primrose
(Syzygium jambos)

Rambutan
(*Nephelium lappaceum*)

Sapodilla
(Manilkara achras)


Series
(Cerise)
(Flacourtia indica)

Shaddock
(Citrus grandis)

Sorrel
(Hibiscus sabdariffa)

Sour Cherry
(Phyllanthus acidus)

Soursop
(Annona muricata)

Stinking Toe
(*Hymenaea courbaril*)

Sugar Apple
(*Annona squamosa*)

Surinam Cherry
(Eugenia uniflora)

Tambran
(Tamarind)
(Tamarindus indica)

Tambran Dayzah
(Chinese tamarind)
(*Vangueria edulis*)

Tangerine
(Citrus reticulata)

Tonka Bean
(Dipteryx odorata)

Vulk
(Citrus volkameriana)

Watermelon
(Citrullus lanatus)

Wax Apple
(Syzygium samarangense)

West Indian Cherry
(Malpighia glabra)

Zabucajo
(Paradise/Brazil Nut)
(Lecythis ollaria)

NOTES: 1) For the purposes of this chart, species such as tomato, cucumber, ochro, peas, pumpkin, melongene and peppers, though technically fruits, are not included since they are generally thought of as vegetables. In simple terms a fruit contains one or more seeds.

2) We apologize for any errors or omissions

Acknowledgements: (1) Nasser Khan, Researcher and Producer (2) First Citizens, Original Sponsors

We trust that the education aspect of this chart will prevail. All Rights Reserved. Updated December 2012