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| Fruit Name | Fruit Description | Countries Found In | Photo | Also Known as (Origin and Name) |
| **Abiu** | Abiu is a tropical fruit native to the Amazon in Colombia, Brazil, Venezuela and Peru.  But it has traveled far and wide, and is a popular [fruit in Hawaii](https://www.baconismagic.ca/united-states/fruit-in-hawaii/).  It is also called yellow star apple or caimitt.  It is a highly popular Trinidadian fruit for its sweet and creamy flavor profile.  When ripe, the abiu fruit is slightly yellow on the outside. It has a white creamy flesh that you can easily scoop out and eat like a custard. | Trinidad and Tobago | A picture containing table, food, indoor, plate  Description automatically generated |  |
| Ackee | Ackee is the national fruit of Jamaica and is enjoyed as a prepared breakfast dish or as a lunch or dinner entrée. When the fruit turns ripe on the tree, it opens to reveal three large black shiny seeds surrounded by a bright yellow flesh. The yellow flesh around the seed is edible, but only after the fruit has opened naturally and has not yet become overripe. | Jamaica |  |  |
| Avacado | **Avocadoe is a pear shaped tropical fruit with green, reddish-purple or blackish skin and rich yellowish pulp enclosing a single large seed. The skin itself can sometimes be speckled with tiny yellow dots, it may be smooth or pebbled, glossy or dull, thin or leathery, pliable or granular and brittle. The single seed is round in shape, hard and heavy. An avocado is really ripe when you can hear the seed rattle if you shake the fruit.** | All Caribbean Countries | A picture containing indoor, avocado, fruit, chocolate  Description automatically generated | [alligator pear](http://wiwords.com/word/alligator-pear), [avogado](http://wiwords.com/word/avogado" \o "avogado), [pear](http://wiwords.com/word/pear), [zaboca](http://wiwords.com/word/zaboca" \o "zaboca) |
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| Ananas | **This popular fruit is a native of Central and South America and was introduced to the West Indies by the Spanish who also took the plant to Europe. Pineapples can be eaten or crushed to make juice. The fruit is as an ingredient or garnish in many cocktails.** | Haiti | A close up of a pineapple  Description automatically generated with low confidence | [pine](http://wiwords.com/word/pine)apple, [zanana](http://wiwords.com/word/zanana" \o "zanana) |
| Almond | **Almond is a large tree (up to 115ft in height), often grown for ornamental purposes and the shade provided by its broad leaves. Parts of the fruit are edible, including the inner seed which resembles almonds in shape and taste.**  They grow in **tropical sea side areas** | Jamaica  Trinidad and Tobabago  Cayman Islands  Grenada | A picture containing plant  Description automatically generated |  |