



Food

Ackee

Images provided by members of the Caribbean Social Forum.

- Also known as ankye, achee, akee, ackee apple or aye.
- A fruit but used like a vegetable.
- National fruit of Jamaica and used in the national dish, ackee and saltfish.



Food

Breadfruit

Images provided by members of the Caribbean Social Forum.

- Breadfruit is a staple food in the Caribbean.
- Dominican Republic: call it buen pan or "good bread". Breadfruit isn't popular in Dominican cookery and is mainly used for feeding pigs.
- Barbados: breadfruit is boiled with salted meat and mashed with butter to make breadfruit coucou.
- Trinidad and Tobago: breadfruit is boiled, then fried and eaten.
- Jamaica: breadfruit is boiled in soups or roasted. It is eaten with the national dish ackee and salt fish.



Food

Chow chow

Images provided by members of the Caribbean Social Forum.

- Also known as mirliton, chayote, christophine, and choko.
- Mostly used cooked. It is generally lightly cooked to retain the crispy consistency.
- It used across the Caribbean to make dishes such as Trinidad Chow, Chayote stir fry, and more.



Food

Cocoa

Images provided by members of the Caribbean Social Forum.

- The Caribbean islands grow a variety of cocoa. Grenada, St Lucia, Trinidad and Dominica exclusively produce finer varieties of cocoa.
- The Caribbean climate is ideal for growing cocoa due to the hot, wet, tropical climate.



Food

Coconut

Images provided by members of the Caribbean Social Forum.

- The coconut tree is not native to the Caribbean, but was introduced and now grows abundantly.
- The coconut is a versatile fruit with both flesh and juice used in drinks, cooking and cosmetics. The hard shell is also used in a variety of ways.



Food

Guava

Images provided by members of the Caribbean Social Forum.

- Also known as: Guayaba, goyave, guyava, feijoa.
- Guava can have a white or bright pink interior and a dark green skin.
- It is usually eaten raw but can also be used to make concentrate and jelly.



Food

Guinep

Images provided by members of the Caribbean Social Forum.

- Also known as Bajan ackee, genip, guinep, genipe, ginepa, kenèp, quenepa, quenepe, quenette, chenet, skinup, talpa jocote, mamón, limoncillo, canepa, skinip, kenepa, kinnip, huaya, or mamoncillo.
- The fruit is made up of a whitish seed, surrounded by an edible, orange, juicy, gelatinous pulp.
- The sweet fruits are consumed fresh or canned, and can also be used in the preparation of soft drinks and alcoholic beverages. They can also produce a strong yellow dye.
- The pit is edible and can be roasted.



Food

Jackfruit

Images provided by members of the Caribbean Social Forum.

- Also known as chataigne, cowah and katahar.
- Under its thick, bumpy rind is a stringy flesh made up of yellow 'bulbs' of flesh containing a seed. You can eat the flesh raw or cooked.
- Jackfruit is the largest tree-borne fruit in the world, weighing up to 40 pounds.
- A ripe fruit can emit a strong aroma, and the flesh is sweet, like a combination of pineapple and banana.



Food

Mangos

Images provided by members of the Caribbean Social Forum.

- Also known as sky chicken.
- The mango has naturalized itself to almost many islands and is widespread in Jamaica, Cuba, Haiti, St Lucia, Martinique and Trinidad and Tobago.
- Across the Caribbean mangos are eaten raw or as curried mango and mango chow, even red mango.



Food

Papaw

Images provided by members of the Caribbean Social Forum.

- Also known as paw paw and paypaya.
- A pear shaped fruit.
- When green, it is cooked like a vegetable. It can be used in sweet and savoury dishes.



Food

Pomegranate

Images provided by members of the Caribbean Social Forum.

- Also known as anar, granaki apra, panganat.
- As whole fruit or juice, pomegranates can be used in baking, cooking, drinks, meal garnishes and more.



Food

Yams

Images provided by members of the Caribbean Social Forum.

- Yams are the plants tubers, growing underground.
- There are over 600 different types of yam. The tubers have a rough skin that can vary in color from dark brown to light pink. Inside, the colour ranges from white or yellow to purple or pink.