

THE PERUVIAN SUPERFRUIT

PACIFIC FRUIT



PURA FRUTA

LUCUMA

Pouteria Obovata

GOLD OF THE INCAS



NOTES OF HAZELNUT AND CARAMEL

As early as six thousand years ago, the inhabitants of ancient Peru were already enjoying a superfruit known as lucuma, which is native to the region's inter-Andean valleys. Throughout history, ancient Peruvians held lucuma to be magical; not only did they consume it, they used it for medicinal purposes as well. Its creamy orange or yellow flesh, covered with a thin, green skin, is sweet and fragrant, with notes of hazelnut and caramel.



Pre-Columbian Peruvian pottery
In the pre-Hispanic world, the lucuma was associated with fertility because of the rich soil in which it grew, while its elastic, sensually round shape also evokes a nourishing breast.



ANTIOXIDANT, ANTIDEPRESSANT, IMMUNOSTIMULANT PROPERTIES

Peru is the world’s leading producer of lucuma, in both the smooth Seda varietal and the Palo varietal, which is mainly used in the production of lucuma powder. Both types are considered superfoods because of their notable antioxidant, energizing, antidepressant, and immunostimulant properties. This fruit is also good for bone health, and is tied to a lower risk of cancer.

COMPARISON OF
CAROTENOID CONTENT
WITH OTHER FRUITS

FRUIT	CAROTENOID CONTENT (μg β -carotene eq/g) (b.h.)
Lucuma	266 – 365 ←
Mango	38.0 – 51.2
Papaya	32.7
Cantaloupe	16 – 126
Peach	0.71 – 2.10
Sweet Potato	30 – 160

COMPARISON OF
 β -CRYPTOXANTHIN CONTENT
WITH OTHER FOODS

FOOD	β -CRYPTOXANTHIN CONTENT (μg β -carotene eq/100 g) (b.h.)
Lucuma	21500 - 29500 ←
Squash (butternut)	3471
Persimmon	1447
Chili (ají)	1103
Mandarin orange	775
Papaya	589
Carrot	199
Orange	116

The carotenoid compounds, such as beta-cryptoxanthin, that are found in the lucuma contribute significant amounts of vitamin A (retinol) compounds to the immune system, playing a key role in eye and skin health.



APPROVED BY ITALIAN ICE CREAM EXPERTS

The Larco family has spent years championing and researching Peruvian fruits. As proof of this, we need look no further than their Fragola ice cream company, founded thirty years ago. This successful undertaking led them to found Pacific Fruit with the goal of shipping Peruvian fruits without losing their natural richness. Of all the country's different fruits, the family took a special interest in the potential of the lucuma. Ignacio Larco and his son Vittorio traveled to Italy to promote it and improve it with the help of Italian ice cream experts. The fruit's positive reception was highly encouraging.

ROBERTO ZENO,
Zeno Gelato
e Cioccolato

www.zenoverona.it

Fresh lucuma
taste test

“The flesh of this particular Peruvian fruit is ideal for making mixed ice creams (chocolate/lucuma, fior di latte/lucuma, and others)”.

“We have offered taste tests of the final result, pure lucuma ice cream, to a variety of people, especially kids. We then asked them basic questions about flavor, texture, and aesthetic aspects. The results have been positive, above all because the flavor is completely unknown in this market”.

“We believe the entry into the market of a fruit as unique as lucuma is absolutely viable among tropical fruits used for ice cream”.



FROM FARMERS TO FINAL PRODUCT

The fruit's excellent flavor and smooth texture achieve their true industrial value by processing the flesh when properly separated from the fiber. Aseptically packaged pureed lucuma flesh, without preservatives or the need for refrigeration by Pacific Fruit, is the freshest, most practical, and most ecological way to present this Peruvian superfruit, leaving it ready for the preparation of artisanal ice creams, exquisite desserts, yogurts, cocktails, and juices that offer a bounty of flavor and health.



6.61 LBS
3 KG



11.02 LBS
5 KG



44.09 LBS
20 KG



440.92 or 485.01 LBS
200 or 220KG

← Lucuma plants are being grafted. This picture was taken in the the garden center of PACIFIC FRUIT, this plants are going to be donated to the farmers, part of the SHARE VALUE PLAN of PACIFIC FRUIT. They need up to 8 months to be transplanted to the field. The lucuma is consider the Inka gold.

LUCUMA IN THE SPOTLIGHT

3. Lucuma Crème Frappuccino

Never heard of Lucuma? It is a Peruvian tropical fruit that has been described as having a butterscotch or maple syrup flavor. This drink is a tangy cream-based Frappuccino infused with Lucuma flavors.

Where to find them: Peru



Ladurée

34 de septiembre de 2019

C'EST LA VIE | Un macaron amande lucuma parsemé de poudre d'amande, garni d'une ganache à base de lait d'amande, noisette, millet, pâte d'amande crue maison et chocolat "inspiration amande". D'ailleurs, saviez-vous que le lucuma, puissant antioxydant, contient de nombreux minéraux et oligo-éléments comme le calcium, le phosphore et le fer? Côté vitamines, il fournit des vitamines B et C et de la provitamine A (bêta-carotène).
Ver traducción

749

Me gusta Comentar

Más relevantes

Fan destacado

Jo Liévin Avec tous

vais être « obligée »

Me gusta Responder

Cleo De La Luquette

😊😊😊

10 Unique Starbucks Frappuccinos From Around The Globe

What Frappuccino's are people indulging in around the world this summer?

by Mira Mitrin | @mirmitrin | Aug 23, 2017



Menu Search

Bloomberg



Photographer: Javier Rivera for Bloomberg Businessweek

Businessweek

Home to Quinoa and Açaí Berries, Peru Has a New Superfood

The nutrition-packed lucuma fruit is tough to transport out of its native land. But it's still finding a way onto restaurant menus, into grocery stores, and even onto the shelves at Walmart.

Pinkberry Perú @pinkberryperu

Follow

#PinkberryLucuma medium a precio de small :D



foodable ON-DEMAND NEWS SHOWS CHEFS EVENTS INSIGHTS ABOUT SUBSCRIBE

Lucuma, Peru's New Superfood is Making its Way to U.S. Menus

August 15, 2018 | by Sarah Hill



With rich geography like the Andes Mountains and the Amazon rainforest, Peru introduced superfoods quinoa and acai berries to the world. Lucuma, the latest nutritious food hailing from Peru is appearing to menus globally.



ASEPTIC LUCUMA PULP

Technical Specification

CROP INFORMATION

Common Name: Lúcumá

Scientific Name: Pouteria lucuma

PRODUCT DESCRIPTION

Natural product, undiluted, unfermented, unconcentrated, without preservatives, obtained from the cutting of the fruit and the edible fraction (pulp with seeds) of ripe, healthy, clean passion fruit is obtained. Classified as a non-GMO product (Genetically Modified Organism).

It can be used for direct consumption drinks without additional processes, it is only recommended to dilute in two or three parts of water and add sugar according to taste. It can be used as raw material for fruit pulp for different craft processes (ice cream parlors), confectionery and industrial.

PRODUCTION PROCESS

The process is elaborated in our multifruit line of Italian technology located in the Department of Lima (Peru) in compliance with Good Manufacturing Practices (BPM), Hazard Analysis and Critical Point Control (HACCP). The pulp is obtained from fruits subjected to a rigorous process of washing, selection, disinfection, mechanical extraction, deaeration, heat treatment, cooling, aseptic packaging and storage at room temperature.

CONSUMER FORM AND POTENTIAL CONSUMERS

Product used mainly in the food industry and for direct consumption in the preparation of ice cream, soft drinks, juices, desserts, nectars, sugary pulps, jams, yogurt, etc.

INGREDIENTS

Lucuma fresh

CHEMICAL PHYSICAL CHARACTERISTICS

Brix (20°C): Min 20

pH (20°C): 5.3 to 6.0

% Suspended solids: 94-98%

Boswtick (30 seg): 5-6

ORGANOLEPTIC CHARACTERISTICS

Appearance: Free of lumps, creamy consistency, free of shell fragments and / or any foreign element.

Color: Characteristic intense orange

Taste and smell: Characteristic of ripe and fresh fruit, free of different odors or flavors

Defects: 0% foreign matters.

MICROBIOLOGICAL CHARACTERISTICS

- Total mesophil count: <10 cfu / gr.
- Total mold and yeast count: <10 cfu / gr.
- Total coliform count: <10 cfu / gr.
- Fecal coliform count: <10 cfu / gr.
- Salmonella sp.: Absence
- Listeria sp.: Absence

USEFUL LIFE

12 months after the production date keeping the bags tightly sealed and the boxes closed, avoid direct exposure to sunlight and moisture.

NUTRITIONAL VALUE

COMPONENTS	FRESH PULP per 100 g
Water	72,3 g
Energy value	99 cal
Proteins	1,5 g
Fiber	1,3 g
Lipids	0,5 g
Ash	0,7 g
Calcium	16 mg
Phosphorus	26 mg
Iron	0,4 mg
Carotene	2,3 mg
Thiamine	0,01 mg
Niacin	1,96 mg
Ascorbic acid	2,2 mg
Rivoflavin	0,14 mg

HARVEST SEASON

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DIC

GEOGRAPHIC DISTRIBUTION



PACIFIC FRUIT



PURA FRUTA

**SHARING AN ANCIENT CULTURE AND
GOOD HEALTH IN A SINGLE FRUIT.**

Processing Plant: Panamericana Sur Km 99 Asia,
Cañete, Lima-Perú

T (511) 700-8401 | comercial@apf.com.pe

pacificfruitperu.com

