

Special Edition of The Communicator

We are so fortunate to have in our midst one of the world authorities on the Maya Nut (or Ramon) Tree. Dra. Cecilia Sanchez, Scientific Advisor to the Maya Nut Institute.

Dra. Sanchez us doing a presentation at Saint Michael and All Angels, 4PM, Wednesday, July 12., Minerva 7, Colonia Delicias. This is an important lecture both in terms of the information Cecilia will provide on nutrition and the environmental importance of the Maya Nut (Ramon) Tree. We're hoping for a good crowd and lots of questions. It is also an excellent opportunity for young people studying English and with an interest in the environment to come and learn with us!!! Products will be available for sale.



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Chris Jones (Cecilia's handsome and lovely husband is making cookies with Maya Nut Flour and there will be Maya Nut Ice Cream as well!!!

Brosimum alicastrum (Maya Nut or The Ramon Tree) is one of the most common trees in Mesoamerican tropical forests where it is a major determinant of forest structure. Its fruits and leaves are consumed by over 90 species of mammals and birds including several red-list species. Maya Nut is also a highly nutritious food for humans, providing protein, calcium, potassium, iron, folate, vitamins C, A, B and tryptophan. Maya Nut thrives in primary and secondary forests and tolerates marginal, rocky soils and is extremely drought tolerant once established. Mature trees can produce up to 200 kg of edible fruit a year. It is becoming increasingly important for restoration projects in Guatemala, Honduras, Colombia, Haiti, El Salvador, Nicaragua, and Mexico. It is also a strategic species for communities hoping to maintain food security in the face of climate change. Maya Nut not only protects biodiversity, soils and watersheds, but also provides a marketable non-timber forest product (NTFP) which ensures long-term stakeholder benefits and community-based protection against fire, clearing & logging. Since 2001, The Maya Nut Institute focuses on educating women about the nutritional value, harvesting, processing and consumption of Maya Nut.



The seed of the May Nut Tree is packed with nutrients including fiber, calcium, potassium, folic acid, iron, zinc, protein, and Vitamin B. Most commonly, ramón seeds are dried, roasted and ground and then used as a gluten-free flour complement in baked goods or as a caffeine-free coffee alternative.