

ÅBAS

Botanical Name: *Psidium guajava* **Other Name(s):** Guava, Bayabas (Tagalog)
Native range: Central & South America; Colombia, Mexico, Peru



Description: Åbas is a large shrub or small tree (9 ft. - 30 ft. tall) cultivated and naturalized on Guam with smooth, reddish-brown bark. Its leaves are oblong to elliptic, somewhat leathery, with prominent veins. Its flowers are small and white with four to five petals and numerous stamens. Skin of its round or pear-shaped fruits turn from green to yellow when ripe. Fruits have many seeded pulp which varies from white, pink, or yellow.

Uses and Cultural Significance: Whole fruits are edible and can be both acidic and sweet. Leaves have been used locally for tea and in other traditional medicine combinations to alleviate stomach issues and lower cholesterol. In other parts of the world, leaves are crushed and applied to wounds or chewed to relieve toothaches and headaches.

How To Grow and Care For This Plant

Sun	Water	Soil	Fertilizer	Pests+Diseases
Full sun.	Water frequently when young. When well established, water deeply 1-2 times weekly during dry/fruiting season.	Soil type does not matter much as Åbas are tolerant to poor conditions; pH can range from 4.5 to 8.2 or slightly higher. Thrives in rich clay loams.	Apply around trunk up to drip line every other month for young trees; 6-6-6-2. Apply 3-4 times a year for mature trees; 5-5-5 or 6-6-6.	Guava Fruit Flies (<i>Anastrepha striata</i>), Aphids (<i>Aphis spp.</i>) Leaf Spot (<i>Phyllosticha capitalensis</i>) & (<i>Colletotrichum gloeosporioides</i>)

Propagation Åbas easily propagates by seeds, which is usually spread by wild hogs, and may bear fruit in 3-4 years. Additionally, air layering and grafting is possible, while rooted cuttings are not as reliable.

Resources:

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- Orwa C, Mutua A, Kindt R, Jamnadass R, Simons A. 2009. *Agroforestry Database: a tree reference and selection guide version 4.0*. World Agroforestry Centre, Kenya. Accessed 8 October 2025, <https://apps.worldagroforestry.org/treedb2/speciesprofile.php?Spid=1375>
- Yadava, U.L., 1996. *Guava (Psidium guajava L.): an exotic tree fruit with potential in the southeastern United States*. HortScience, 31(5), pp.789-794.
- Wikimedia Commons (photo sources)

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