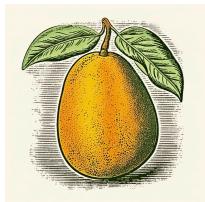


# Going Bananas in Chult: The Jungle's Best Fruits and Nuts

## Fruits



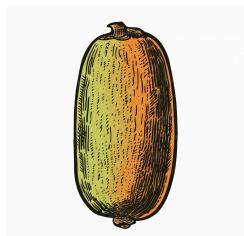
1. *Jungle Mango* - Large and golden-orange, bursting with honey-like sweetness. Its flesh is exceptionally smooth and juicy, often running down the chin when bitten into. A staple among Chultans, often eaten fresh or dried for long journeys.



2. *Dancing Monkey Fruit* - This rare magical fruit produces enough juice to fill a vial. Any one that eats a dancing monkey fruit or drinks its juice must succeed on a DC 14 Constitution saving throw or begin a *comic dance* that lasts for 1 minute. Humanoids that can't be poisoned are immune to this magical effect. The dancer must use all its movement to dance without leaving its space and has *disadvantage* on *attack rolls* and *Dexterity saving throws*, and other creatures have *advantage* on *attack rolls* against it. Each time it takes damage, the dancer can repeat the saving throw, ending the effect on itself on a success. When the dancing effect ends, the humanoid suffers the *poisoned* condition for 1 hour.



3. *Blood Melon* - A rare jungle fruit with a nearly black rind and deep crimson, juice-filled flesh. Sweet with a slight metallic tang, its thick juice stains like blood. When consumed, its rich, syrupy juice acts as a natural healing elixir, restoring  $1d4+2$  hit points.



4. *Chultan Papaya* - A golden fruit with deep purple seeds. Its taste is both tropical and slightly musky, leaving a refreshing, lingering sweetness on the tongue.



5. *Sinda Berries* - These berries are dark brown and bitter. A full-grown sinda berry bush has 4d6 berries growing on it. A bush plucked of all its berries grows new berries in 1d4 months. Picked berries lose their freshness and efficacy after 24 hours. Fresh sinda berries can be eaten raw or crushed and added to a drink to dull the bitterness. Consuming at least ten fresh sinda berries gains advantage on saving throws against disease and poison for the next 24 hours.



6. *Thunderfruit* - A bright yellow citrus that crackles slightly when peeled. Its flavor is sharp and electric, tingling on the tongue with a burst of tangy freshness.



7. *Sourspike* - A knobbly green fruit covered in tiny, harmless spines. The flesh inside is bright orange, intensely sour, and often used in sauces or fermented into jungle wine.



8. *Moonfig* - A pale silver fig that glows faintly in the moonlight. Its skin is silky smooth, and the inside is soft with delicate cinnamon undertones.



9. *Tears of Ubtao* - A rare golden fruit with nectar-like juice. It is said to be the sweetest fruit in all of Chult, but it spoils within a single day of being picked. When consumed, they grant the user visions of the past or future, offering cryptic glimpses of events tied to their current journey. Additionally, they provide resistance to psychic damage for 1 hour.

## Nuts & Seeds



11. **Ironnut** - A hard-shelled nut that requires fire to crack open. Eating it grants temporary hit points equal to your Constitution modifier (minimum 1) for an hour.



12. **Shadow Cashew** - A dark-shelled cashew with an earthy, nutty taste. Its texture is smooth and velvety, making it a popular ingredient in Chultan desserts.



13. **Gorilla Palm Nut** - This fist-sized nut grows on wukka trees, which are popular haunts for jaculi, su-monsters, and zorbos. A wukka nut rattles when shaken, causing its shell to shed bright light in a 10-foot radius and dim light for an additional 10 feet. This magical light fades after 1 minute, but shaking the nut again causes the light to reappear. If the shell of the nut is cracked open, it loses its magic.



14. **Chult Almond** - A bitter nut with a distinctive, almost floral aroma. It is often ground into a paste and mixed with honey to soften its natural astringency.



15. *Firevine Seeds* - Tiny red seeds that give off a faint warmth when held. They have a slightly smoky taste, often roasted and sprinkled over food for added crunch. Eating them grants resistance to cold damage for 1 hour but causes mild sweating.



16. *Ghost Walnut* - A rare nut that vanishes if not eaten within a day of cracking it open. Its flavor is subtle and airy, with a texture so delicate it seems to dissolve on the tongue. When consumed, it grants the ability to see invisible creatures and objects for 1 hour, as if under the effects of see invisibility.



17. *Jade Pistachio* - A vibrant green nut with a sweet, earthy taste. Its shell is smooth and cool to the touch, while the nut inside is firm yet creamy.



18. *Storm Pea* - A bean-like seed that crackles softly when roasted. When bitten, it crunches with a satisfying pop, releasing a slightly nutty and salty flavor.