

Papaya

Papayas are similar to melons, but they are not in the melon family. The thin skin varies from green to orange to rose. The skin is not eaten. The flesh inside is yellow-orange. The center has seeds which are scooped out before eating.

Papayas are fruit which grow on plants which look like — but are not — trees.

It is believed papayas originated in southern Mexico and Central America.

Most of the papayas grown in the United States are grown in Hawaii. Some are also grown in Florida and California. Papayas are available year round.

VARIETIES

There are two types of papayas:

- Hawaiian — the Hawaiian varieties are found most often in grocery stores. They are pear shaped, weigh about 1 pound and have a yellow skin when ripe. The flesh is bright orange or pink depending on the variety.
- Mexican — the Mexican varieties are much larger. They can be more than 15 inches long and weigh up to 20 pounds.



NUTRITION FACTS

- Fat free
- Cholesterol free
- Sodium free
- Good source of vitamin A
- Very high in vitamin C
- Good source of folate, potassium and fiber

USES

Papayas are usually eaten raw. They can be eaten plain or added to smoothies, salsa and fruit salads.

Papayas are not grown in Nebraska.



This institution is an equal opportunity provider and employer.

This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.

Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the U.S. Department of Agriculture (USDA). University of Nebraska–Lincoln Extension's educational programs abide with the nondiscrimination policies of the University of Nebraska–Lincoln and the USDA.