

# Guava

## History

The guava fruit likely originates from Central and South America. While humans have played a large role in its travels, birds and animals have also carried guava seeds. Today, guavas are grown in Florida, Hawaii, and southern California. The guava tree is hardy and can recover from devastating circumstances such as frost, heat, neglect, and waterlogging. It is an evergreen-type shrub that rarely grows taller than 12 feet. The tree begins to produce fruit after two years and can continue to do so for 40 years. The guava fruit itself may be round, oblong, or pear shaped. A ripe guava has a strong, sweet smell. The flesh of the fruit is white, pink, yellow, or red and contains small, edible seeds. It is a rich source of vitamin C. In fact, it has even more vitamin C than an orange!



## Varieties

**Beaumont** is a large version that grows in Hawaii.

**Detwiler** is a small, sweet fruit that grows in California.

**Mexican Cream** has thick, white, creamy flesh and grows in Mexico.

**Red Indian** grows in Florida and is perfect for eating fresh.

## Fun Facts

- Guava leaves are sometimes used in hair products because they are believed to prevent hair loss and encourage hair growth.
- Guavas are sometimes referred to as “super-fruits” because of their high vitamin content.
- In the Philippines, ripe guavas are used to flavor a soup called “sinigang.”
- In some countries, tea is made from boiling young guava leaves in water.



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