



# Papaya

## What am I?

Papayas are large, oblong sweet fruit with a smooth skin. Their size and shape will vary depending on the variety. The flesh is either orange or yellow in color with many dark seeds.

## How do I grow?

- Papayas are native to tropical areas.
- They are grown on plants which look like trees however they are giant herbs.
- The fruit is picked when some yellow appears on the fruit but before they turn completely yellow.



## Nutrition Facts

Papaya is high in vitamin C and vitamin A. Papayas are known to help with digestion.

## Fun Facts

- The black seeds in the center of a papaya are edible and have a spicy, peppery taste.
- Florida and Hawaii are the only US states that grow papaya.
- Papaya contains an enzyme, papain, that can be used as a meat tenderizer.

