

GUAVA

Hawaiian Name: *Kuawa*

Common Names: Apple guava, guayaba

Scientific Name: *Psidium guajava*

Origin: Central America, Mexico

Plant Part Eaten: Fruit



Locally Grown...

- Guava grows very well in Hawai'i's lower elevations.
- Hawai'i farmers use a technique called crop cycling to ensure that fruits are available year-round. Pruning, fertilization, defoliation and irrigation treatments manipulate when flowers bloom and, in turn, when fruit are produced.
- Much of the guavas grown in Hawai'i for commercial use are processed into jams, jellies, and juices.
- 'Beaumont' and 'Ka Hua Kula' are two guava cultivars that are grown commercially in the island. Their pink colored flesh is sought after for use in juices and food coloring.



Where else it's grown in the world...

Guava is commonly grown in Southern Florida, the Caribbean, Central America, Indonesia, Southeast Asia.

Nutrition Info...

- An excellent source of Vitamin C.
- High in fiber, which helps to satisfy hunger and keep the digestive system healthy.
- A good source of potassium.



Meet a Farmer...

Farm: Hawai'i Guava Growers Cooperative

Location: Hawai'i Island



George Lips

The Hawai'i Guava Growers Cooperative is made up of about 5 guava farms on the Big Island. The farmers are from East Hawai'i and they represent a melting pot of ethnic diversity. Most of the farmers run family farms, in the range of one to ten acres.

The Cooperative promotes the Hawai'i guava industry from a Hawai'i grown "Buy Fresh—Buy Local" focus. Coop farmers take pride in providing local processors with fresh hand picked quality fruits. Most of their guavas are turned into juices by a processor on Hawai'i Island.

In the Garden...

- Guava trees can be grown from seed or from grafts, air layers, or rooted stem cuttings. Trees grown from seeds take many years to produce fruit and may not yield the same quality fruit as their parent trees, so these latter methods are preferred.
- Select a sunny location that is protected from high winds.
- Prepare a hole that is 1.5x the width of the pot and the same depth. Mix a few shovels of compost into the soil that has been set aside.



- Remove tree from its container, being careful not to disturb roots. Place tree in the hole so that the soil level at the trunk is even with the ground, adding soil under the root ball if need. Fill in soil-compost mix around root ball and water deeply.
- Place mulch 4 feet around the tree to maintain moisture and deter weeds.
- Guava trees fruit after 3-4 years and live for 30-40 years.

Let's Get Cooking... Guava Quesadillas

Ingredients

- Local guava jam (Make some or check the farmers' market for jams with guava as the first ingredient)
- Local goat cheese
- Whole wheat tortillas (taco size)
- Coconut oil

Directions

1. Spread a tablespoonful of jam onto a tortilla.
2. Spread or crumble a tablespoon of goat cheese onto jam.
3. Top with another tablespoon of jam.
4. Heat both sides in a warmed skillet with a small amount of coconut oil.

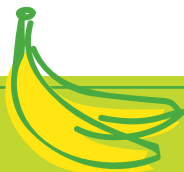


Reminder: Please compost your food waste.



What can you make with guava?

Guava are delicious on their own and in juices, smoothies, and fruit salads. They make tasty jams, jellies and chutneys. While most often used in desserts and drinks, guava are also used in marinades and sauces for meats.



Did you know?

1. The soft guava fruits are harvested by hand and processed very quickly after harvest.
2. Strawberry guava (*Psidium cattleianum*) is a different species. It is very invasive in Hawai'i and has taken over many of our native forests.
3. Guava wood is used as a firewood and for smoking meat.
4. Tea made from guava leaves has traditionally been used as an herbal medicine. It has been demonstrated to lower blood sugar and also has antibacterial properties.
5. Guava leaves can be also used as a natural dye for fabrics.
6. Fruit tastes best when it's ripened on the tree. A green, nearly ripe fruit can be ripened in a brown paper bag.
7. A serving of guava provides over 600% of the daily value of Vitamin C!



Fresh Choice Hawaiian Harvest celebrates the diverse, nutritious, and delicious bounty grown in Hawai'i, encouraging children and their families to eat more locally grown fresh fruits and vegetables. The Fresh Choice Hawaiian Harvest Toolkit includes educational resource sheets, family take-home letters, produce preparation sheets, and a poster showcasing Hawai'i-grown crops. For downloads and more information, visit www.kokuahawaiifoundation.org/HawaiianHarvest.

Funding for the Fresh Choice Hawaiian Harvest program was provided by the Hawai'i Department of Agriculture Specialty Crop Block Grant. Photos by Anthony Ching, Kōkua Hawai'i Foundation, and Shutterstock unless noted otherwise.