

PAPAYA

Hawaiian Name: *Mikana; hēʻī*

Common Names: Papaya papaye, pawpaw, tree melon, kapaya, lapaya, fruta bomba, mamona

Scientific Name: *Carica papaya*

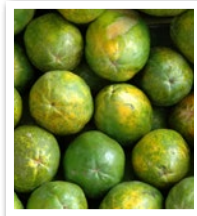
Origin: Native to the tropics in the Americas, and first cultivated in Mexico

Plant Part Eaten: Fruit and seeds; leaves are used in cooking as a meat tenderizer



Locally Grown...

- Papaya was introduced to Hawaiʻi in the 1800's.
- In the early 1900's, Solo Papaya was introduced by a Hawaiʻi Agricultural Experiment Station as a new variety that soon dominated the market.
- By 1997 the papaya industry in Hawaiʻi was almost destroyed by the Ringspot Virus.
- By 1998 the Rainbow Papaya, genetically engineered to be Ringspot resistant by a team from Cornell University and the University of Hawaiʻi helped save the papaya industry.
- Hawaiʻi is the only US state to grow papaya commercially.
- Kumu Farms on Molokaʻi grows organic, GMO-free papaya.
- Papaya is commonly found growing in Hawaiʻi home gardens and yards.



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

Nigeria, Ethiopia, Congo, India, Indonesia, Brazil, and Mexico are the leading growers of papaya.

Nutrition Info...

- Papaya is a good source of vitamin A and C, which makes it great for your skin and hair
- Rich in potassium, papaya helps keep bones strong and helps to regulate our nervous systems.
- It is a good source of folate, which protects us from illness and keeps our bodies growing properly.



Meet a Farmer...

Farm: Kenneth Kamiya

Farmers: Kamiya Gold

Location: Lāʻie, Oʻahu

Website: kamiyapapaya.com



kamiyapapaya.com

Kamiya Gold is a 25-acre farm located on Oʻahu's North Shore. The original "Kamiya Papaya" was a selection of the "Line 77" introduced by Dr. Henry Nakasone from the College of Tropical Agriculture and Human Resources at the University of Hawaiʻi in the early 1960's. The "Line 77" was a large round fruit with thick flesh and heavy weight. Although it tasted great, it was thought to be too large and the shape made it hard to clean out the seeds. Over many years of seed selection, the farm achieved a variety that has become very popular. Known for its greenish-yellow skin, the Kamiya papaya is rounder and larger than other varieties and has smooth, sweet orange flesh and a delicate aroma.

In the Garden...

- Gather seeds from a ripe papaya. Rinse and dry thoroughly for a few days.
- Plant directly in soil with good drainage, in groups of up to 15 seeds per hole.
- After six weeks, thin the plants to 5-6 per hole. Six weeks later, thin to three plants per hole by cutting plants at ground level.



- Once flowers appear, determine if they are male, female or self-pollinating.
- Thin male and female trees, keeping one self-pollinating plant per hole. Male plants will not produce fruit.
- Within a year the tree should be mature enough to bear fruit.

Let's Get Cooking... Papaya Seed Dressing

Ingredients

- 1/2 cup avocado oil (or olive oil)
- Fruit from 1/2 a papaya
- 1 tablespoon papaya seeds (optional)
- 3-4 stems fresh parsley or basil (optional)
- 3 Tablespoons apple cider vinegar
- 2 Tablespoons Hawaiian honey
- ground flax seeds
- salt and pepper

Directions

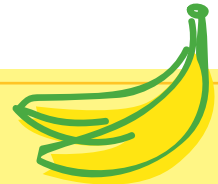
Mix all ingredients in a blender or food processor and serve over your choice of salad greens.



Recipe by Amanda Corby, Under My Umbrella and Pili Group



Reminder: Please compost your food waste.



What can you make with papaya?

Enjoy ripe papayas fresh on their own, in fruit salads and smoothies, or as a salsa. They can also be juiced. Green papaya can be shredded and eaten as a salad. Papaya seeds are edible and have a peppery taste. Papaya makes an excellent marinade to soften meats, and are used in some soaps and cosmetics.

Did you know?

1. Papaya was the first fruit plant to have its genome sequenced.
2. There are two major types of papaya, Hawaiian and Mexican, with the major difference being size and flavor intensity.
3. Mexican papayas are bigger than the Hawaiian varieties and can weigh up to 20 pounds.
4. Papaya leaves and unripe fruit contain papain, an enzyme that is used as a meat tenderizer.
5. Papaya tree bark can be used to make rope.
6. In Cuba, papaya is called 'fruta bomba.'
7. The taller a tree grows, the smaller its fruit.
8. Most Moloka'i papaya is not genetically modified (GMO).



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.kokuahawaiiifoundation.org/HawaiianHarvest.

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