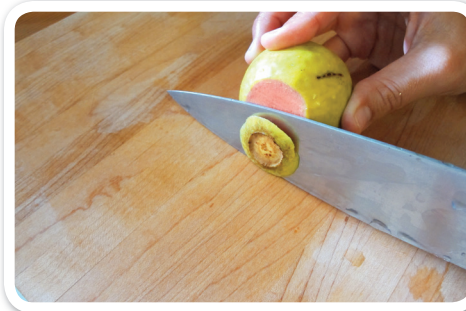


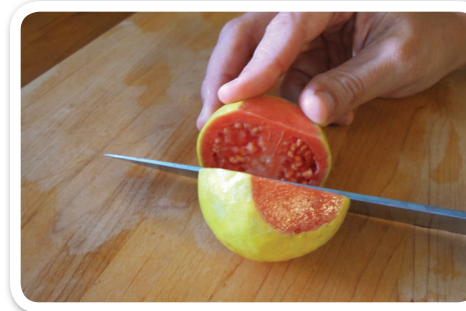
FOOD PREPARATION STEPS



1. Wash guava thoroughly under cool running water.



2. Cut off stem end.



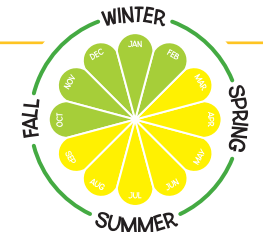
3. Cut fruit in half.



4. Depending on size of fruit, cut each half into 2-4 pieces.



Guavas are an excellent source of vitamin C, which strengthens the immune system to help fight off illness. Vitamin C is concentrated in the skin and outer layers of the fruit. Guava also provide fiber, which is beneficial to the digestive system. The fruits are also a good source of phosphorus, niacin, and vitamin A.



AVAILABILITY: ● PEAK ● MODERATE ● LOW

- Guava are available in Hawai'i from October through January.
- Guava are soft fruits that can become overripe very quickly. Plan to serve them soon after harvest.
- Guava should be refrigerated.
- Guava skins and seeds are edible and do not need to be removed.
- Strawberry guava (*Psidium cattleianum*) is an invasive species in Hawai'i. It grows at higher elevations and can be found on many hiking trails. They are typically in season July through December.

**Seasonality varies with location and from year to year.*

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, take-home letters, food preparation tip sheets, and posters that highlight Hawai'i-grown crops. Downloads of Fresh Choice Hawaiian Harvest Materials, and more information are available at 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: Natalie McKinney and shutterstock.com.