

### FOOD PREPARATION STEPS



1. Wash papaya under cool running water.



2. Cut in half, lengthwise, and scoop out seeds.\*\*



3. Slice each half into narrow wedges.



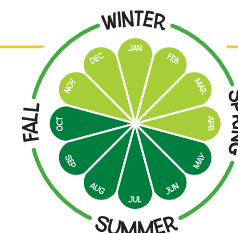
4. Serve as is, or remove skin and cut into chunks.



\*\*Note: seeds can be saved for planting in gardens or used to make papaya seed dressings.



*Papaya is a good source of vitamins A and C, which makes it great for your skin and hair. Rich in potassium, papaya helps keep bones strong and helps to regulate your nervous system. It is a good source of folate, which protects us from illness and helps us to grow properly.*



AVAILABILITY: ● PEAK ● MODERATE ● LOW

- Papaya are available in Hawai'i year-round with peak harvest occurring from May through October.
- Look for yellowish orange fruit that give slightly to gently pressure. Ripe fruits may still have some green coloration.
- Fruit that are not yet ripe can be kept at room temperature for a few days. Ripe papaya should be stored in a refrigerator.
- Papaya leaves can be used in cooking to tenderize meats.

*\*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.kokuahawaiiifoundation.org/HawaiianHarvest](http://www.kokuahawaiiifoundation.org/HawaiianHarvest). Funding for the Fresh Choice Hawaiian Harvest program was provided by the Hawai'i Department of Agriculture Specialty Crop Block Grant. Photos: Anthony Ching, Natalie McKinney, and shutterstock.com.