

Papaya Chunks

Look:

The papaya looks unassuming when whole, but cut into the ripe fruit and you will be met with a gorgeous surprise! It has a peachy orange flesh and a cavity full of dramatically contrasted black seeds.

Taste:

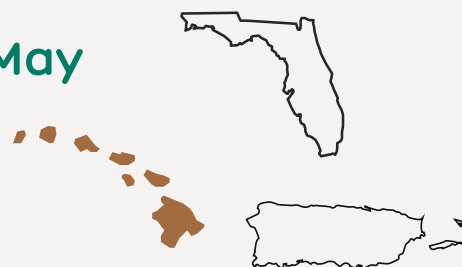
The black seeds in the center of a papaya are edible and have a spicy, peppery taste.

Touch:

Choose a papaya whose skin is slightly soft when you press into it, like an avocado. Avoid fruit with dark spots, overly soft areas, or shriveled skin.



Peak papaya season in the U.S. is May through September in places like Hawaii, Florida, and Puerto Rico!



Did you know?

Papayas are grown on plants which look like trees, however since the plant does not have bark, they are considered herbs!



Nutritionals

Papaya is high in beta **Beta Carotene** which has been known to cause carotenemia, a harmless and temporary yellowing of the skin if you eat a whole bunch of it.

A cup of raw papaya contains 150% of the recommended daily intake of **Vitamin C** as well as 31% of **Vitamin A** and 10% of **Potassium**.