

Papaya



Selecting

Papayas are delicious fruits that are native to Central America and grown in tropical climates around the world.

In your supermarket, you will see papayas that are approximately 6 inches long and weigh between 1 and 1.5 pounds. The skin on a papaya is usually greenish-yellow with the flesh being a vibrant reddish-orange. Ripe papayas will have more yellow than green colouring and will give slightly to the touch. Avoid hard or green papayas as they have been picked too early and they will never ripen.

Storing

Papayas will ripen quickly at room temperature. To speed up the ripening process, simply place the fruit in a paper bag. Once the papaya is ripe, store in the refrigerator and eat within a week.

You can also freeze the papaya for later use. Freeze the flesh in cubes and add to your smoothie for a tropical taste.

Preparing

Papayas are most commonly eaten raw. Simply wash the fruit, cut lengthwise, and scoop the black seeds out. The flesh can be removed easily with a spoon or peel the skin and cut as desired.

The seeds of a papaya are edible and have a bitter, peppery taste. The seeds can also be dried and used as peppercorns.

Eating

Papaya is a soft, versatile fruit that can be incorporated in many recipes.

- Combine papaya with mango and pineapple for a tropical fruit salad.
- Papayas make a fantastic salsa. Start with a fruit salad as mentioned above, making sure to finely chop your tropical fruit, then add some jalapeno and red

peppers. This would be a great addition to your next fish taco.

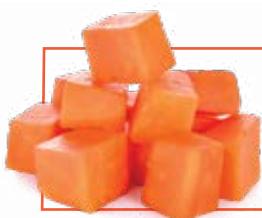
- Elevate your yogurt or smoothie with a few cubes of papaya for a sweet treat.

Seasonality

Papayas can be found all year long in your local supermarket, with the peak season being June to September.

Nutrition

A small papaya (148 g) is a source of fibre, magnesium, potassium and folate; and an excellent source of Vitamin C.



Papayas contain an enzyme called papain that breaks down protein. This is why they are used as a meat tenderizers in recipes!

