

GREEN PAPAYA



PAPĀYA

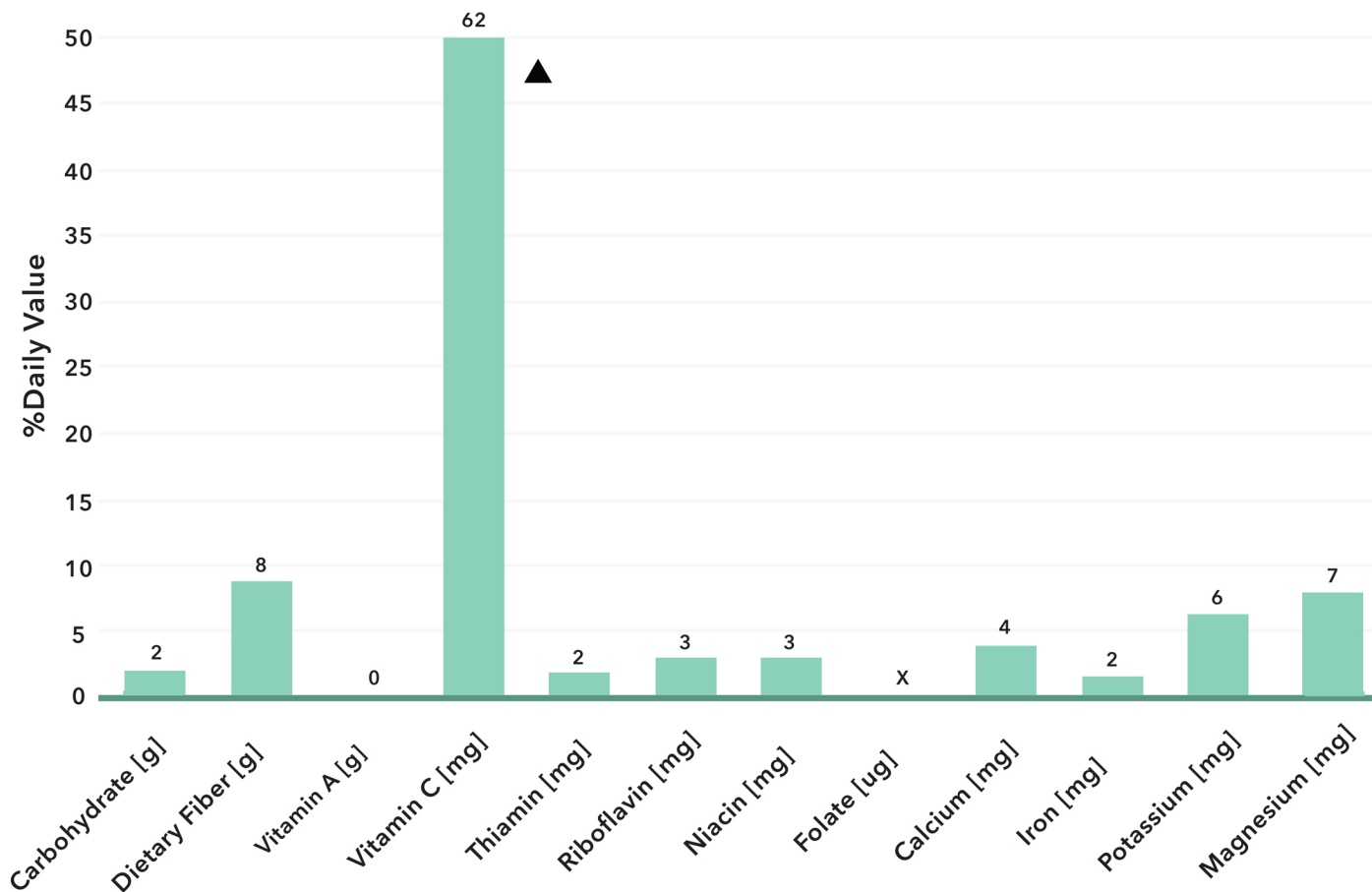
GREEN PAPAYA/PAPAYA

Carica papaya

(CHamoru Name)

SEASON

Moderate
availability
year-round
January through
December



DID YOU KNOW?

Grated firm papaya can be added to brine or marinade as a meat tenderizer.

Graph based upon Pacific Island Food Composition table, pawpaw, unripe raw 1 cup (140 g)

* ▲ = AMOUNT EXCEEDS GRAPH LIMITS

*PERCENT DAILY VALUE (%DV) IS BASED ON A 2,000 KCAL DIET

Published by the College of Natural & Applied Sciences (CNAS), University of Guam, in cooperation with the U.S. Department of Agriculture, under Dr. Lee S. Yudin, Director/Dean and through the collaboration of Kristi Hammond, Kevin Dema-Ala, and Dr. Tanisha F. Aflague. University of Guam, CNAS, UOG Station, Mangilao, Guam 96923. Copyright 2018. For reproduction and use permission, contact cnasteam@triton.uog.edu, (671) 735-2000. The University of Guam is an equal opportunity/affirmative action institution providing programs and services to the people of Guam without regard to race, sex, gender identity and expression, age, religion, color, national origin, ancestry, disability, marital status, arrest and court record, sexual orientation, or status as a covered veteran. Find CNAS publications at www.uog.edu/extension/popular-publications.

