



Geography/History

The **Papaya** is native to the lowlands of eastern Central America, Portuguese and Spanish explorers fell in love with this special fruit and introduced it to other settlements in the East and West Indies where its Carib name "ababai" became "papaya". Taken to the Pacific islands, papaya was grown in tropical regions by 1800. Today Hawaii is a main exporter. Virtually all papayas consumed in the United States come from Hawaii. More than 95 percent of Hawaii's papayas are grown in the rich volcanic soil of the eastern end of the island of Hawaii.



See the table below for in depth analysis of nutrients: Papaya fruit (*Carica papaya*), Fresh, Nutritive Value per 100 g. (Source: USDA National Nutrient data base)

Principle	Nutrient Value	Percentage of RDA
Energy	39 Kcal	2%
Carbohydrates	9.81 g	7.5%
Protein	0.61 g	1%
Total Fat	0.14 g	0.5%
Cholesterol	0 mg	0%
Dietary Fiber	1.80 g	4.5%
Vitamins		
Folates	38 mcg	9.5%
Niacin	0.338 mg	2%
Pantothenic acid	0.218 mg	4%
Pyridoxine	0.019 mg	1.5%
Riboflavin	0.032 mg	2.5%
Thiamin	0.027 mg	2%
Vitamin A	1094 IU	36%
Vitamin C	61.8 mg	103%
Vitamin E	0.73 mg	5%
Vitamin K	2.6 mcg	2%
Electrolytes		
Sodium	3 mg	0%
Potassium	257 mg	5%
Minerals		
Calcium	24 mg	2.5%
Iron	0.10 mg	1%
Magnesium	10 mg	2.5%
Phosphorus	5 mg	1%
Zinc	0.07 mg	0.5%
Phyto-nutrients		
Carotene-β	276 mcg	--
Crypto-xanthin-β	761 mcg	--
Lutein-zeaxanthin	75 mcg	--

Description/Taste

A true taste of the tropics, Hawaiian **Papaya** is encased in a gleaming sunny yellow skin when ripened to perfection. This scrumptious fruit is ripe when mostly yellow and soft to the touch. The pulp is a matching creamy yellow, delicately scented, and deliciously sweet. A mass of black seeds is encased in a gelatinous coating in the center. Often discarded, the seeds are edible. Crunchy and peppery, crushed seeds can be used as a mildly spicy condiment.

