

# PAPAYA



Reputably called the "fruit of the angels," is native to tropical America, from Southern Mexico through the Andes of South. Once considered an exotic fruit, papayas' rise in popularity has made them much more available.

Pear-shaped or round, papaya can grow up to 20 inches in length and weigh up to 20 pounds. Papayas offer not only the luscious taste and sunlit color of the tropics, but are rich sources of antioxidant nutrients such as carotenes, vitamin C.

## Seasonal Availability

Location	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Belize	Light	Light	Light	Heavy	Light	Light	Light	Light	Light	Light	Light	Light
Brazil	Light	Heavy	Heavy	Heavy	Light	Heavy	Light	Light	Heavy	Light	Heavy	Heavy
Dominican Republic	Light	Light	Light	Heavy	Heavy	Heavy	Heavy	Heavy	Heavy	Heavy	Light	Light
Guatemala	Light	Light	Heavy	Light	Light	Light	Light	Light	Light	Light	Light	Light
Hawaii	Heavy	Heavy	Heavy	Light	Heavy	Heavy	Heavy	Heavy	Heavy	Light		
Jamaica	Heavy	Heavy	Heavy	Heavy	Heavy	Heavy	Heavy	Heavy	Heavy	Heavy	Heavy	
Mexico	Heavy	Heavy	Light	Light	Light	Light	Light	Light	Light	Light	Light	Heavy

Heavy Peak Light