



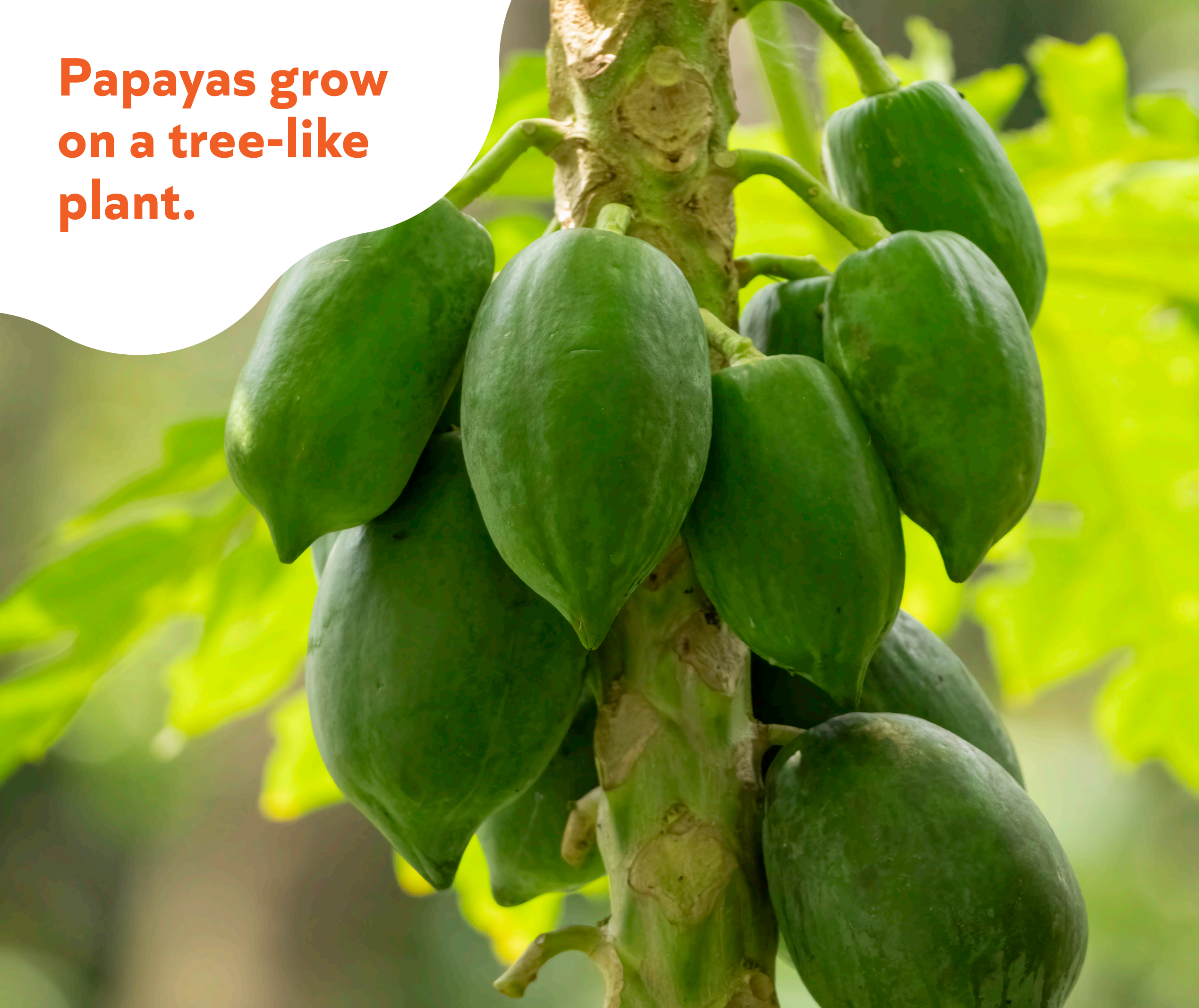
HARVEST OF THE MONTH:

Papayas



HISTORY OF Papayas

**Papayas grow
on a tree-like
plant.**



**The plant only
lives for about five
years, but it can
be 12 feet tall.**

HOW DO PAPAYAS GROW?



Papaya flowers open
for pollination by
wind, or insects.

A close-up photograph of a papaya plant's green, ribbed stem. Several small, white, five-petaled flowers with yellow centers are clustered along the stem. Some flowers are fully open, while others are still in bud form. A small, dark insect is visible on one of the lower flowers.

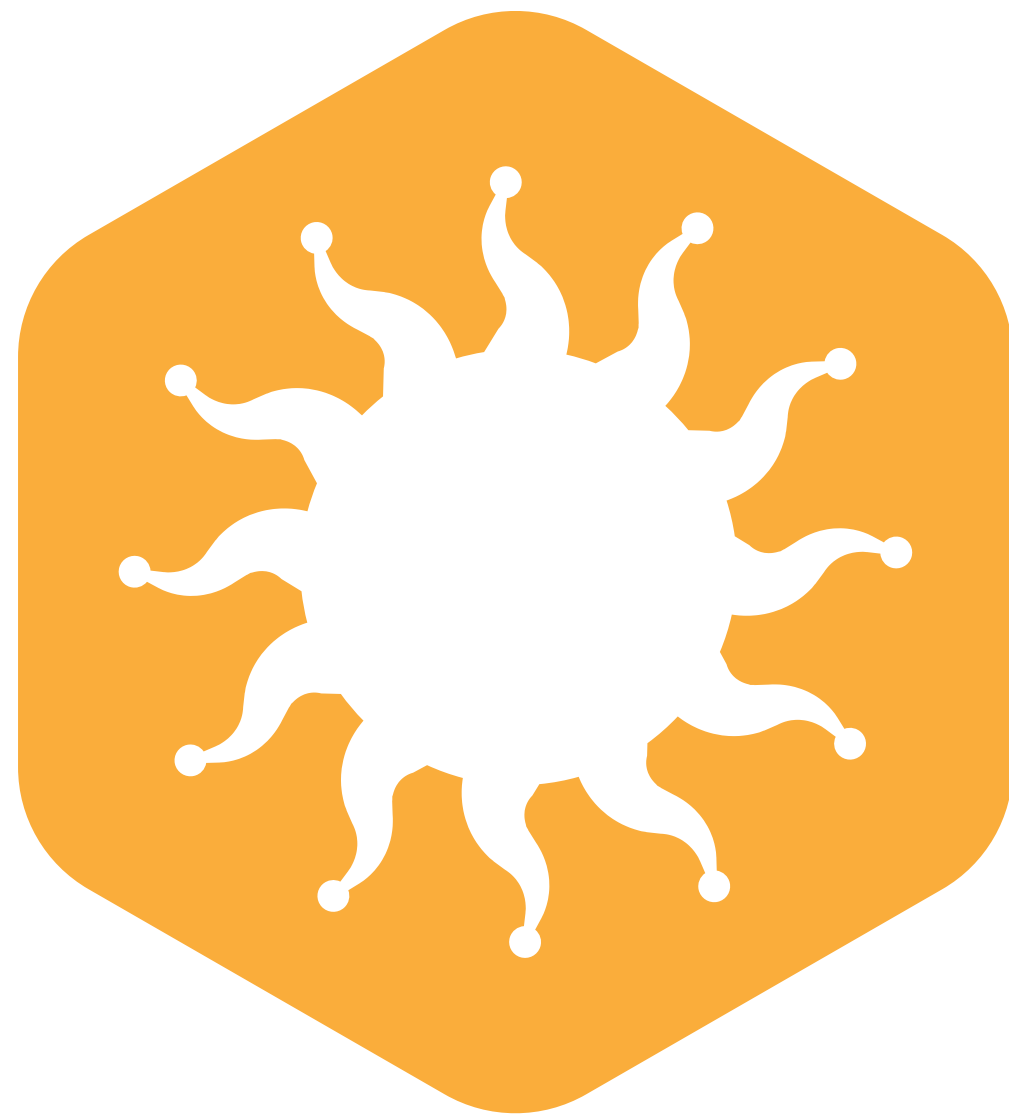


After pollination, the
flowers swell into the
papaya we eat.

A photograph showing a cluster of green, unripe papaya fruits hanging from a stem. The fruits are elongated and have a bumpy, green skin. The background is a soft-focus view of more green leaves and foliage.

HOW DO PAPAYAS GROW?

WHAT SEASON DO WE PICK PAPAYAS?



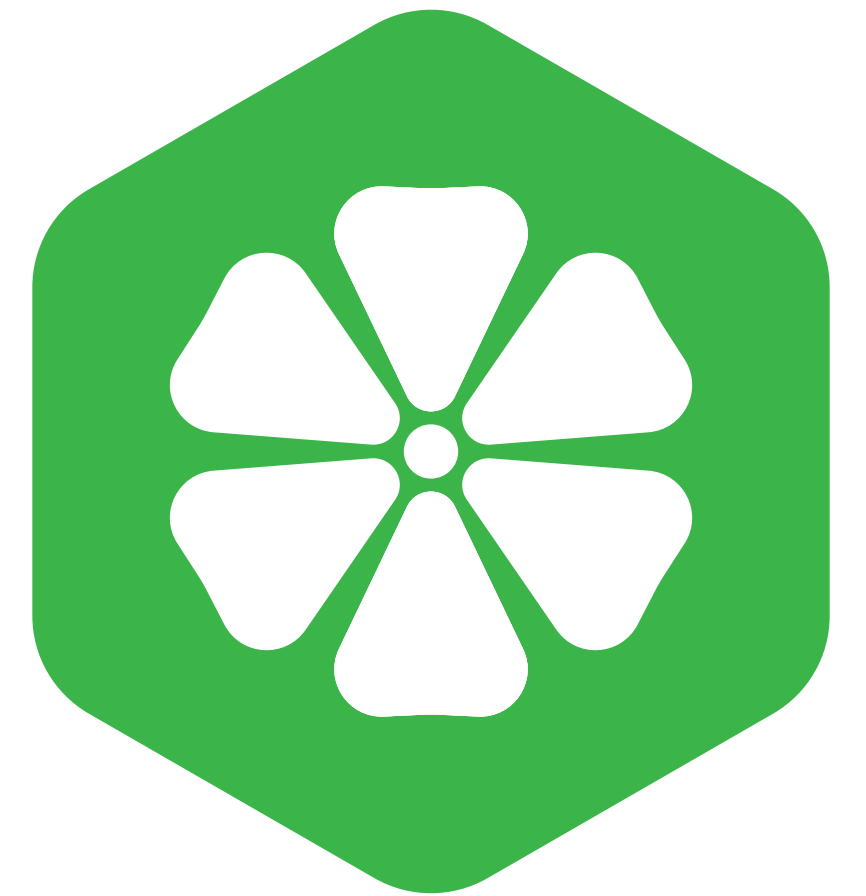
SUMMER



AUTUMN



WINTER



SPRING

WHY SHOULD WE EAT PAPAYAS?

**Healthy immune system
(prevents colds)**



Healthy eyes



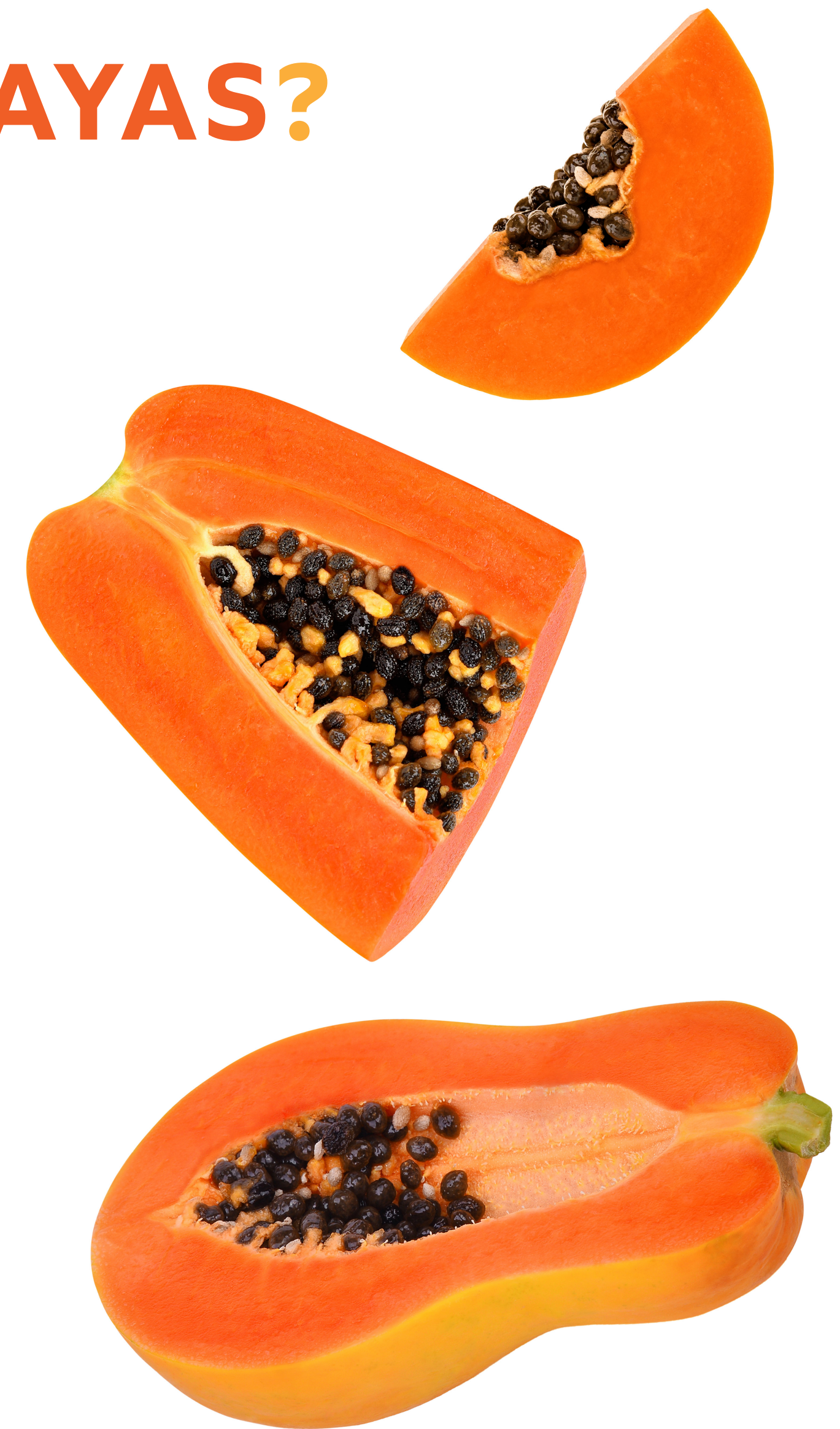
**Healthy muscles
and bodies**



HOW DO YOU PICK A GOOD PAPAYAS?

- If you are buying a papaya to eat immediately, the skin should be reddish orange and slightly soft when you press on it.
- The seeds of papayas can be eaten and they taste similar to black pepper.
- The easiest way to eat a papaya is to cut it in half and then scoop out the seeds. Then eat the fruit with a spoon.

FUN FACT: Papayas are used in skin care products to help your skin feel smoother.





LET'S TRY SOME

Papayas!

