

PAPAYA



WHAT DOES IT TASTE LIKE?

Papaya fruit is mildly sweet with a creamy texture. Papaya seeds are okay to eat and have a spicy flavor.

HOW DO I PICK ONE?

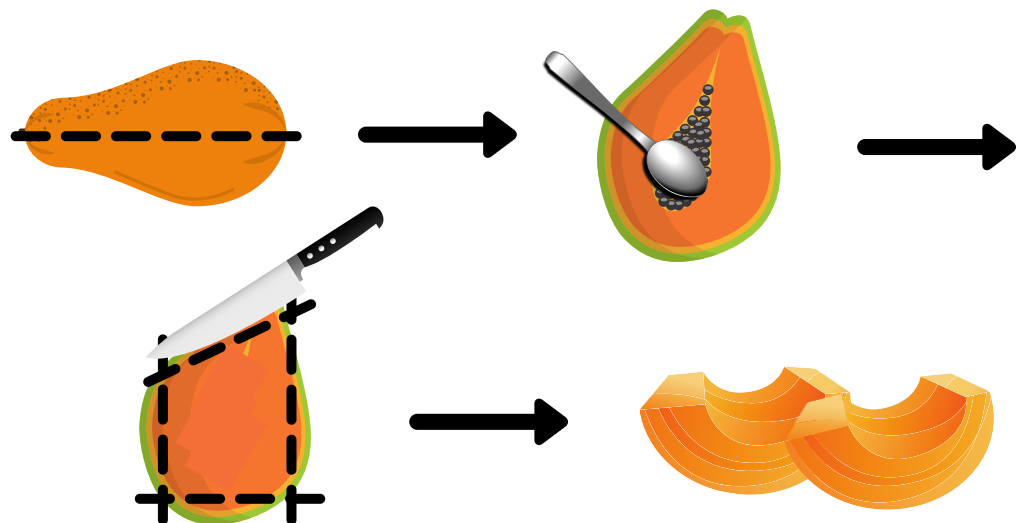
Pick a papaya with skin that is turning from green to yellow and press your thumb into the skin to make sure it sinks in slightly.

HOW DO I STORE IT?

Unripe papayas will ripen quickly when kept at room temperature in a paper bag. Whole, ripe fruit can be kept in a plastic bag in the refrigerator for up to 1 week. Freeze cut papaya (with or without seeds) in containers or plastic bags for up to 10 months.

HOW DO I PREPARE IT?

1. Cut in half lengthwise.
2. Using a spoon, scoop out seeds and discard or save.
3. Use a small, sharp knife to remove the fruit from the skin.
4. Discard skin.
5. Slice into chunks for a fruit salad or smoothie, or slice and enjoy fresh!



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KITCHEN TIP!

Blend papaya chunks to make papaya juice or add ice to make it a smoothie.