

Papaya

- A ripe whole uncut papaya will last for 4-6 days on the counter and 6-9 days in the fridge
- A cut ripe papaya will last 2-4 hours on the counter and 2-3 days in the fridge
- A papaya will be fully ripe when it is bright yellow.
- Choose a papaya that is firm, has smooth skin and is heavy for its size.



- To freeze a papaya, remove the outer skin or use a melon baler to remove the inside. Freeze on a pan on parchment paper. Once frozen, add to a freezer bag or container and store for 10-12 months.
- The seeds of papaya can also be used. Remove the seeds, rinse and allow to dry out completely. Once dried, grind up the seeds and use them in place of peppercorns or other seasonings.
- Use papayas in a tropical fruit salad with mango and pineapple.
- Mix papaya into salsa to serve with tacos or chips.



Papayas are rich in
vitamins A and C.

These nutrients may help
to improve skin, promote
eye health, and aid in
digestion.