

Get to know Green Papaya!

'Aina Pono Harvest of the Month



About the crop

Native to tropical Southern and Central America, papayas have been grown in Hawai'i since at least 1911, when the Solo variety was introduced from Barbados and Jamaica. This name originated from Puerto Rican laborers at the Hawai'i Agricultural Experiment Station who began calling the papaya "Solo," which means "one" or "alone" in Spanish because it was small enough for one person to eat a whole fruit by him or herself. The name stuck! While most commonly used for salads in Vietnamese, Thai and Filipino cuisine, green papaya is also frequently boiled and eaten as a vegetable or cooked in soup. In the West Indies, young leaves are boiled and eaten like spinach. In Indonesia, the flowers are sometimes candied. Papaya seeds have a mild peppery taste and may be ground and used in place of pepper in salad dressing and other recipes.

Fun fact

Papain, the protein-splitting enzyme found in green papaya, is extracted and sold commercially as a meat tenderizer. This tenderizing effect can also be achieved by laying slices of green papaya directly on meat and allowing it to stand for several hours.

Nutrition

Papaya is known as one of the healthiest fruits in the world and was even ranked among the "Top 5 Fantastic Fruits" by the Center of Science in the Public Interest, a consumer watchdog organization. Half of a small green papaya contains just 35 calories - mostly from complex carbohydrates - and provides 125% of the recommended daily allowance of Vitamin C. Papayas also contain beneficial enzymes that aid digestion, have a high antioxidant content, are low in fat, and are an excellent source of fiber, vitamin A, beta-carotene, iron and calcium.



	Papaya	Apple	Orange
Calories	39	52	47
Sodium (mg)	3	1	0
Carbohydrate (g)	10	14	12
Calcium (mg)	24	6	40
Potassium (mg)	257	107	181
Vitamin A*	22%	1%	4%
Vitamin C*	103%	8%	89%
Beta Carotene (mcg)	276	27	71

Source: USDA National Nutrition Database for Standard Reference (2007) and NutritionData.com.
*Percent Daily Values are based on a 2,000 calorie diet.

Product description, storage and usage tips

Green papayas provided to HIDOE are grown on Hawai'i Island by the farmers of Hawai'i 'Ulu Cooperative and Hawaiian Fresh Products. The fruit has been peeled, seeded and frozen for extended shelf life and convenience. Store in a freezer at 0° F. To defrost, transfer papaya to refrigerator 12-24 hours before using or place under running water for an hour or until fully thawed.



Questions? Need help?

Contact the Hawai'i 'Ulu Cooperative at info@eatbreadfruit.com or 808-238-8869.

Find recipes and learn more about the Co-op at eatbreadfruit.com.

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