

PAPAYA



L E T ' S G R O W S O M E T H I N G S P E C I A L

Papayas are one of the fastest growing fruit categories in America. Our Golden Solo Sunrise variety has the best characteristics a papaya can offer; great flavor, beautiful golden color, firm texture, and the perfect serving size for individual consumption. Our Golden Sunrise papayas are air shipped to our distribution facilities, directly from Brazil, several times a week.

The Golden Sunrise Papaya is pear shaped and weighs approximately 8 to 16 ounces. When ripe, the exterior skin will be fully golden and smooth. The salmon colored flesh has a smooth texture similar to a melon. The center cavity is filled with small black-gray seeds. These seeds have a slightly peppery taste and can be eaten or used as a garnish. The fruit contains papain which aids digestion and can tenderize meat.



RECIPE

PAPAYA SALSA

Dice papaya, red pepper and red onion. Using rubber gloves, finely mince the jalapeno pepper. Combine with remaining ingredients in a medium bowl.

1 Ripe Papaya peeled and seeded
1 Small Red bell pepper
1 Small Onion
1 Jalapeño pepper
4 tbs Lime Juice
1/4 cup Pineapple juice
1/4 cup Fresh cilantro
Salt & pepper to taste

SELECTION

It is best to gauge the ripeness of your Golden Sunrise papayas by color not feel. When the fruit is more than two-thirds yellow it is ready. If partly ripe leave the fruit at room temperature for a few days. Speed up the process by enclosing the papaya in a paper bag with a banana.

HOW TO USE

Cut the papaya lengthwise and scoop out the seeds. Squeeze lemon or lime juice over the flesh and enjoy, eating with a spoon. For cut up fruit you can easily prepare by removing the skin with a vegetable peeler or paring knife.

AVAILABILITY

All year long
Peak supplies September through May

PACKAGING (WEIGHT)

Weight: 3.5 kilo
Sizing: 7,8,9,10,12 Ct.

SHIPPING INFO (CASE PER)

Pallet	140
E container	30
LD3	250

STORAGE / HANDLING:

Temperature: 50-55 F
Humidity: 80-85%
Ethylene: sensitive/producer

Nutrition Facts

Serving Size 1 cup (140g)
Servings per container about 2.5

Amount/Serving	
Calories 50	Fat Cal. 25
%Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carb. 14g	5%
Fiber 3g	12%
Sugars 0g	
Protein 0g	

Vitamin A 8% • Vitamin C 140%

Calcium 4% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet



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