



## **Hold onto summer with Fresh Australian Papaya – Sweet, delicious and available all year round**

As the summer months fade away, taking their beautiful fresh sweet fruits with them, there is still hope! A sweet and summery fresh fruit is available all year; Australian Papaya! Before you rush out to pick up a delicious Papaya – there are a couple of things you should know about this special fruit, other than its sweet and scrumptious taste. Papaya is also a very versatile fruit with excellent health benefits.

Firstly, you need to know what a Papaya looks like. Industry research has shown that most people don't know the difference between a Papaya and a Papaw. The two fruits are often confused and mistaken as being one and the same! So it is important to know that Papaya has a red coloured flesh, and is usually a pear shaped fruit, whereas Papaw is a rounder and larger fruit, with yellow flesh.

The differences between Papaya and Papaw don't end with colour! Papaya has a very sweet flavour, whereas Papaw is slightly more savoury. While both fruits are stunning to enjoy on their own, they are also really versatile to use in the kitchen. You can use Papaya in hot and cold dishes and drinks, with savoury or sweet flavours.

The easiest way to enjoy Papaya is to try a slice with a squeeze of fresh lime juice. You can hold onto summer by whipping up a delicious Papaya Cooler combining Apricot nectar, fresh mint and lime. Or why not try a simple, but exotic fruit salad, with Papaya, Pineapple and Passionfruit? Delectable!

If you are feeling slightly more adventurous and exotic with your Papaya – go for green! Green Papaya is an authentic ingredient used in Asian cooking. A Green Papaya Salad is a tasty treat, combining finely chopped Green Papaya, cucumber, bean shoots, Asian herbs, chilli and peanuts, topped with an exciting Asian style dressing.

Papaya can also keep you feeling summery on the inside, with its many health benefits. Just one slice of Papaya provides more than twice your daily requirement for vitamin C, plus vitamin A, calcium, iron, fibre, carbohydrates and a wealth of protective antioxidants. Low in sodium and kilojoules, Papaya also has a low Glycemic Index. One little known benefit of Papaya is the presence of a natural enzyme called papain, which is essential for healthy digestive systems. Best of all, Papaya is fat free!

The summery sweet taste of Papaya is available all year thanks to the warm growing regions predominantly based in Northern Queensland, the Northern Territory and Western Australia. Major Australian Papaya growing districts of Innisfail, Mareeba, Proserpine, Yarwun, Gympie and the Sunshine Coasts as well as Humpty Doo, Carnarvon and Kununurra supply Papaya to all major supermarkets and good fruit stores. So pick up your Papaya today and hold onto summer with a delicious healthy treat!

[www.australianpapaya.com.au](http://www.australianpapaya.com.au)

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