



Papaw - Are you in the know?

Although Papaw is a fruit for all ages, very few younger Australians are 'in the know'. Research undertaken by the growers association for Papaw and Papaya in Australia, has shown that a startling number of people, when questioned about the fruits, thought they were one and the same! Papaw and Papaya fruits actually have big differences in looks and taste!

When compared with Papaya, Papaws are a larger fruit, with a distinct yellow flesh with a 'savoury' taste, where as Papayas have an orange to red flesh, a sweeter taste and usually have an oval or pear shape. So now you know what Papaw is, why wait to enjoy it!

Papaw is very versatile; great for cooking, marinating and salads, the fruit lends itself to both sweet and savoury dishes, hot and cold drinks. Papaw is delicious fresh and natural, or combined with many different and tantalising flavours. Try a papaw salsa with diced papaw, green capsicum, shallots and fresh basil. Add a splash of olive oil and a squeeze of lime juice, and finish with salt and cracked black pepper! Papaw salsa is not only delicious, but versatile, great with fish, chicken or beef.

Another great way to eat Papaw is to combine with other fruits, for something special that's simple to prepare, a Papaw and Strawberry Slushie is a great idea! Combine pieces of papaw and a punnet of strawberries with ice in a blender. In a whiz you'll have a perfect drink to impress your kids or even your friends at your next BBQ lunch!

Do you know why Papaw has such a great following with older Australians? Because older people are wiser! They all know about the numerous health benefits Papaw offers. Just one 150g slice provides you with more than twice your daily requirement for vitamin C, plus vitamin A (essential for good growth and vision), calcium, iron, carbohydrates and a wealth of protective antioxidants. Papaw is also full of fibre which is important for young and old.

But that's not all! Papaw is low in sodium and kilojoules; it also has a low Glycemic index to provide longer lasting energy. To top it all off, Papaw is fat free!

So now that you are in the know, you have lots of reasons to enjoy Papaw in your everyday diet! For more information about Papaw, visit the Papaya Australia website which is full of recipes, handy hints and health information.
www.australianpapaya.com.au

-Ends-