



Know-how for Horticulture™

YOU SAY PAPAYA... I SAY PAPA W ?

LOVED BY THOSE IN THE KNOW !

The Australian papaya and papaw grower's industry body, Papaya Australia, has embarked on a national awareness campaign for this delicious fruit! With not only an abundance of health benefits to shout about, the papaya and papaw also offer mouth watering ways to be enjoyed !

A Prescription For Health...

With more Vitamin A than carrots, more Vitamin C than oranges and an abundance of Vitamin B and Vitamin E, this exotic, tropical fruit with its juicy, sweet flavour is a natural health tonic through and through.

A major problem in our diet today is that we only partially digest the protein in the foods we eat. However, Australian papaya and papaws provide us with a natural enzyme, called papain that naturally enhances our digestion of protein, carbohydrates and fats to help raise the absorption levels by the body and maintain a healthy digestive system.

High blood pressure, constipation, arthritis, epilepsy and diabetes are only a few of the ailments aggravated by incomplete protein digestion and Papain helps to regulate these abnormalities through proper digestion.

Available all year round the yellow fleshed papaw and orange to red fleshed papaya are easily prepared, deseeded and peeled to be enjoyed in a wide range of not only savoury and sweet dishes but also hot and cold drinks (see attached recipe sheets for more ideas).

Papaya and papaws are predominately grown in Northern Queensland areas including Innisfail, Mareeba, Proserpine, Yarwun, Gympie and the Sunshine Coast districts. Available all year round they can be purchased from your local supermarket or favourite fruit store now.