



Green Papaya

Scientific name: *Carica papaya (L.) Lam*

Variety / Type: *Tainung 5*

Family: *Caricaceae*

Geography / Origin: The Green papaya is native to tropical Southern and Central America. It prefers heat and sunshine within a temperate tropical to semi-tropical climate.



TECHNICAL SPECIFICATIONS

Physical Characteristics: The Green papaya fruit weighs an average of one to two pounds. It is pear-shaped with a true green peel and a pale translucent yellow-green flesh that bears a pocket of seeds in its central core.

Seasons/Availability: Season: All year round in tropical climates
Production type: Open crops

Storage and Conservation Features: The product is stored and refrigerated in a cool room at a temperature of 8 to 10 °C. For transport logistics it is necessary to keep the cold chain at this temperature to keep the product fresh.

Expected shelf life: The shelf life of this product is 10 to 15 days with controlled temperature.
- 5 days of transfer - 10 days of shelf

Packaging details: The product is sold in cardboard boxes of 4 kg and 13 kg:
Box of 4 kg: 99
Box of 13 kg: 30

Nutritional Value:

Physicochemical characteristics:		
Size per portion	100g	
Calories	55	
		Valor *
Total fat	g	0-0.5
Total carbohydrates	g	8-8.5
Fiber	g	2-2.5
Water	%	60-70
Protein	g	0.5-1
Vitamin	mg	98
Calcium	mg	33
Iron	mg	0.1
Phosphorus	mg	0.9-1

MORE FACTS:

Green papaya are most often used in savoury dishes. Grated into salads it has a crunchy, cucumber-like texture and mild flavor.

