



Selection:

Choose papayas that are mostly yellow and give slightly to pressure. Avoid papayas that are bruised, wrinkled, or have soft spots. Whole papayas do not smell, but once cut open they have a sweet aroma. Papayas have a yellow-orange flesh.

Buying:

Papayas can be purchased in bulk or individually. If purchasing in bulk, weigh produce to find out exactly how much it will cost. Place the number of papayas you would like to buy on the scale provided, and round up to the closest pound or half pound. The cost is the total weight in pounds multiplied by the price per pound.

Total Weight (lbs) x Price = Cost of Papayas

Storage:

Store unwashed, ripe, papayas in a resealable plastic bag in the refrigerator for up to 1 week. However, it's best to eat them within 1 to 2 days. If papayas are still green, ripen at room temperature for 2 to 3 days before storing in the refrigerator.

Use this table to find the total cost.

Example: What is the total cost for 2.5 lbs of papayas at \$1.79 per lb? **2.5 lbs x \$1.79 = \$4.48**

Room Temperature: 2 to 3 days, or until ripe

Refrigerator: Up to 1 week

Price per Pound (lb)	1 lb	1.5 lb	2 lb	2.5 lb	3 lb	3.5 lb
\$ 0.49	\$0.49	\$0.74	\$0.98	\$1.23	\$1.47	\$1.72
\$ 0.59	\$0.59	\$0.89	\$1.18	\$1.48	\$1.77	\$2.07
\$ 0.69	\$0.69	\$1.04	\$1.38	\$1.73	\$2.07	\$2.42
\$ 0.79	\$0.79	\$1.19	\$1.58	\$1.98	\$2.37	\$2.77
\$ 0.89	\$0.89	\$1.34	\$1.78	\$2.23	\$2.67	\$3.12
\$ 0.99	\$0.99	\$1.49	\$1.98	\$2.48	\$2.97	\$3.47
\$ 1.09	\$1.09	\$1.64	\$2.18	\$2.73	\$3.27	\$3.82
\$ 1.19	\$1.19	\$1.79	\$2.38	\$2.98	\$3.57	\$4.17
\$ 1.29	\$1.29	\$1.94	\$2.58	\$3.23	\$3.87	\$4.52
\$ 1.39	\$1.39	\$2.09	\$2.78	\$3.48	\$4.17	\$4.87
\$ 1.49	\$1.49	\$2.24	\$2.98	\$3.73	\$4.47	\$5.22
\$ 1.59	\$1.59	\$2.39	\$3.18	\$3.98	\$4.77	\$5.57
\$ 1.69	\$1.69	\$2.54	\$3.38	\$4.23	\$5.07	\$5.92
\$ 1.79	\$1.79	\$2.69	\$3.58	\$4.48	\$5.37	\$6.27
\$ 1.89	\$1.89	\$2.84	\$3.78	\$4.73	\$5.67	\$6.62
\$ 1.99	\$1.99	\$2.99	\$3.98	\$4.98	\$5.97	\$6.97

Use:

Rinse the rind of the papaya thoroughly before preparing. Use a knife to carefully cut in half and scoop out seeds with a spoon. Cut each half into sections. Hold the sections as you cut the orange flesh from the rind. Cut into chunks or slices and throw away the rind. Papaya is best eaten raw.



Digital Scale:

The number on the screen = Total Weight



Hanging Scale:

The number the arrow is pointing to = Total Weight

Know how. Know now.

Nutrition:

½ medium Papaya

Nutrition Facts	
Serving Size ½ medium fruit (152g)	
Servings Per Container	
Amount Per Serving	
Calories 60	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	12%
Sugars 9g	
Protein 1g	
Vitamin A 35%	Vitamin C 160%
Calcium 4%	Iron 0%

Nutrition Facts Labels are not always available for fresh fruits and vegetables at the grocery store. This can make it difficult to determine the nutrient content.

The Nutrition Facts Label shown here is for ½ medium papaya. All papayas are not the same size, but you can use this to estimate the nutrition content for a smaller or larger papaya.

Recipe:

Papaya Boats

Preparation Time: 5 minutes

Serves 4

Cups of Fruit per Serving: 1¼

Ingredients:

- 2 papayas
- 1 cup mandarin oranges, drained
- 1 banana, peeled and sliced
- 1 kiwifruit, peeled and sliced
- ½ cup blueberries
- ½ cup strawberries
- 1 cup non-fat vanilla yogurt
- 2 tablespoons honey (optional)
- 2 teaspoons fresh mint, chopped (optional)

Preparation:

- 1.) Cut papayas in half lengthwise; scoop out seeds.
- 2.) Place oranges, banana, kiwifruit, and berries in each papaya half.
- 3.) Combine yogurt, honey and mint, if desired. Mix well and spoon over fruit before serving.



Nutrition Information per Serving:

Calories 215, Total Fat 0.6 g, Saturated Fat 0.2 g, Cholesterol 1 mg, Sodium 50 mg, Carbohydrates 51 g, Dietary Fiber 5 g, Protein 5 g.