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DATA SHEET GRANADILLA

DESCRIPTION	Shine, orange, hard but fragile shell. Fruit contains a transparent jelly-like pulp with black edible seeds. It has a sweet and sour flavour.
NUTRIENTS/ BENEFITS	Contains Vitamins A, C, K, Phosphorus, Iron and Calcium
PREPARATION/USES	• Crack or cut the fruit into two halves and scoop it up. • DO NOT EAT THE SHELL. • Juice • Pie filling • Cake frosting
WHEN TO EAT	Once harvest, it is ready to eat.
HANDLING	Can be kept at room temperature or can be refrigerated. Best between 8 to 12 Celsius.

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DATA SHEET PURPLE PASSION FRUIT

DESCRIPTION	Round to oval fruit with a dark purple, smooth shell. Fruit contains a yellowish juicy pulp with black edible seeds. It has a sweet and sour flavor.
NUTRIENTS/ BENEFITS	Provitamin A beta-carotene, Vitamin C, dietary fiber, Iron, Potassium
PREPARATION/USES	•Cut the fruit into two halves and scoop it up. •Juice •Pie filling •Mixed Drinks •Added to fruit salads •Cake frosting •Dressings
WHEN TO EAT	Fully ripen when skin is wrinkle.
HANDLING	Once fruit ripens, keep refrigerated for few days.

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DATA SHEET GREEN/YELLOW PASSION FRUIT

DESCRIPTION	Round to oval fruit with a green, smooth shell. Fruit contains a yellowish juicy pulp with black edible seeds. It has a sweet and sour flavor.
NUTRIENTS/ BENEFITS	Provitamin A beta-carotene, Vitamin C, dietary fiber, Iron, Potassium
PREPARATION/USES	•Cut the fruit into two halves and scoop it up. •Juice •Pie filling •Mixed Drinks •Added to fruit salads •Cake frosting •Dressings
WHEN TO EAT	Fully ripe when skin turns yellow and wrinkles.
HANDLING	Once fruit ripens, keep refrigerated for few days.

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DATA SHEET TAMARILLO

Also known as a tree tomato.

DESCRIPTION	Red, golden or amber egg-shaped fruit. It has a smooth, thin skin and a firm red or golden flesh with small, black edible seeds. Tart, tangy flavour fruit.
NUTRIENTS/ BENEFITS	Contains Vitamins A, C, Magnesium, Calcium.High water content, rich in fiber. It is commonly use to reduce cholesterol.
PREPARATION/USES	•Peel the fruit, cut it into two halves and scoop it up. •Refreshing juice with sugar •Can be grilled.
WHEN TO EAT	Fruit is ripe when it is soft.
HANDLING	Can be kept at room temperature. Once it is ripe (soft), keep refrigerated.

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DATA CACTUS FIGS

DESCRIPTION	Yellow oval shaped fruit. It has a thick, spiny skin and a firm grainy flesh with small, edible seeds. Sweet taste and fresh aroma, like a melon.
NUTRIENTS/ BENEFITS	Contains Calcium, Iron, Magnesium, Niacin, Phosphorus, Potassium and Vitamin C. Low in Sodium and calories. Commonly known for its anti-viral properties.
PREPARATION/USES	•Cut length- wise and remove the skin . •Fruit salads •Desserts •As a topping for crackers, cereal, yogurt
WHEN TO EAT	When fruit is firm.
HANDLING	Can be kept at room temperature. Once it is ripe (soft), keep refrigerated.

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DATA SHEET FEIJOA

Also known as pineapple guava

DESCRIPTION	Feijoas are a lime green color, ellipsoid shaped fruit with a white, granulated pulp and a distinctive aromatic sweet and sour flavor. Its flavor is a mix between pineapple, banana, guava and grapes.
NUTRIENTS/ BENEFITS	Rich in Vitamin C.
PREPARATION/USES	•Eat flesh and skin. •Great in fruit salads. •Desserts •Baked •Pureed •Preserved •Great with cheese, duck, fish, pork and/or chicken.
WHEN TO EAT	When skin is still green and soft.
HANDLING	Keep refrigerated. Once cut, eat it or sprinkle lemon juice to prevent oxidation of flesh.

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DATA SHEET LULO

DESCRIPTION	Round leather-like orange skin covered with fuzz. Inside looks like a green tomato. Its greenish flesh tastes like a mix between pineapple, lime, kiwi and rhubarb.
NUTRIENTS/ BENEFITS	Rich in Calcium, fibre, Iron, Phosphorus, Vitamin A, B3 and C.
PREPARATION/USES	•Halve and spoon out. DO NOT EAT THE SKIN. •Great juice •Jelly •Jams
WHEN TO EAT	Better flavor when skin is bright orange and fruit is soft.
HANDLING	Keep refrigerated.

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DATA SHEET CURUBA

or banana passion fruit

DESCRIPTION	Looks like a banana with round ends. It has a silky green skin and a salmon –coloured jelly-like pulp with black edible seeds
NUTRIENTS/ BENEFITS	Vitamines A, B1, B2, B3 y C
PREPARATION/USES	•Halve and spoon out. DO NOT EAT THE SKIN. •Use in beverages and sherbets.
WHEN TO EAT	When skin is yellow.
HANDLING	Once ripens (yellow skin), keep refrigerated.

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DATA SHEET MANGOSTEEN

Called the "Queen of Fruits"

DESCRIPTION	Round shape fruit with a thick, hard, burgundy colour shell and a purple hard rind. Inside has 6 white flesh juicy clusters. Mangosteen is a fragant fruit with sweet and sour flavour and a peachy texture.
NUTRIENTS/ BENEFITS	High in Xanthones, Antioxidants, Calcium, Fiber and Iron. Anti-bacterial, anti-viral and anti-inflammatory properties
PREPARATION/USES	•Eat fresh. Crack the outer shell. DO NOT EAT RIND SKIN or SEEDS. •Juiced. In this case mix rinds, flesh and seeds and strain.
WHEN TO EAT	When outer shell gives to slight pressure.
HANDLING	Keep at room temperature.

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DATA SHEET PITAHAYA

DESCRIPTION	Light green with a white juicy pulp that contains black edible seeds. Extremely sweet flavour.
NUTRIENTS/ BENEFITS	Phosphorus, Vitamin C, Calcium, Iron. Combats gastritis and has a laxative effect.
PREPARATION/USES	•Cut vertically in two halves and spoon out. •Fruit salads •Green salad topping.
WHEN TO EAT	When skin is yellow or a bit green. Chill before consuming.
HANDLING	Keep refrigerated.

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DATA SHEET PHYSALIS/GOOSEBERIES

DESCRIPTION	Small, round, orange colour berry, full of small edible seeds
NUTRIENTS/ BENEFITS	Calcium, Phosphorus Vitamin A and C. Because its content of polyphenol and carotenoid likely has anti-inflammatory and antioxidant properties
PREPARATION/USES	•Eat out-of-hand. Just remove the husk and wash the fruit. •Fruit salads •Ice cream
WHEN TO EAT	When husk is yellow.
HANDLING	Keep refrigerated.

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DATA SHEET PAPAYA

DESCRIPTION	Oval shaped with green/yellowish skin and orange flesh.
NUTRIENTS/ BENEFITS	Beta Carotene, Calcium, Potassium, Fiber, Vitamins A and C. Contains an enzyme called “papain” which aids digestion, relieves pain and stomach inflammation. The enzyme “retinina” eliminates internal parasites
PREPARATION/USES	•Cut vertically, peel the skin and remove the seeds. •Topping for yogurt, cereal, ice cream •Fruits salads
WHEN TO EAT	When skin is yellow.
HANDLING	Ripen at room temperature, then refrigerate.

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DATA SHEET MANGO

DESCRIPTION	Green, yellow or bright red stone fruit. Round, oval or long shape. Fleshy, juicy, yellow or orange pulp with presence of some fibre strings, depending on variety.
NUTRIENTS/ BENEFITS	Contains Vitamins A and C, Folate, Potassium, Phosphorus and Magnesium
PREPARATION/USES	•Cut length-wise close to the flesh and seed. Discard the seed. •Juices. •Jellies •Jams •With fish, shrimp, pork and chicken •Green Salads •Fruit Salads •Salad dressings •Pies
WHEN TO EAT	When fruit gives to slight pressure.
HANDLING	Ripen at room temperature

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DATA SHEET GUAVA

DESCRIPTION	Round or oval fruit with a rough green skin and off-white to deep pink flesh with edible seeds. Its pulp can be sweet or sour
NUTRIENTS/ BENEFITS	Contains cooper, dietary fiber, folic acid, iron, manganese, potassium, Vitamins A and C.
PREPARATION/USES	•Usually eaten out-off- hand. •Juices. •Jellies •Jams
WHEN TO EAT	When skin is yellowish and fruit gives to slight pressure.
HANDLING	Ripen at room temperature, then refrigerate.

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DATA SHEET PURPLE SWEET POTATO

DESCRIPTION	This tuberous root is long with a smooth purple skin and off-white, sweet flesh.
NUTRIENTS/ BENEFITS	Rich in complex carbohydrates, beta-carotene, dietary fiber, Vitamin C, B6, Manganese, Potassium
PREPARATION/USES	•Peel skin, cut as desired and cook. •Boiled •Baked •Fried •Stews •Soups
WHEN TO EAT	Always ready to eat
HANDLING	Keep at room temperature

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DATA SHEET SUGAR CANE

DESCRIPTION	Belongs to the grass family, formed by stout fibrous stalks.
NUTRIENTS/ BENEFITS	Calcium, Carbohydrate and Riboflavin
PREPARATION/USES	•Peel skin, suck sugar out and discard stalk. •Juice it
WHEN TO EAT	Always ready to eat.
HANDLING	Room temperature or refrigerated.

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DATA SHEET PUMPKIN

DESCRIPTION	Gourd-like squash with a thick beige, orange or green hard shell, with an orange pulp containing seeds.
NUTRIENTS/ BENEFITS	Vitamins A, C, Calcium, Magnesium, Phosphorus, Potassium. Its high fibre content helps to aid digestion.
PREPARATION/USES	•Peel shell off, discard seeds and cook. •Boiled •Baked •Steamed •Roasted
WHEN TO EAT	Eat after harvested.
HANDLING	Keep at room temperature.

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DATA SHEET HABANERO CHILLIES

DESCRIPTION	Red, Orange, Green and Yellow colour.
NUTRIENTS/ BENEFITS	Vitamins A, C, Calcium, Magnesium, Phosphorus, Potassium. Its high fibre content helps to aid digestion.
PREPARATION/USES	•Roasted •Baked •Steamed •Fresh, dried or cooked, adds “kick” to a dish.
WHEN TO EAT	Better when firm and unwrinkled.
HANDLING	Keep at room temperature

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