



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.