



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 copper, dietary fiber, folic acid, iron, manganese, potassium, Vitamins A and C.

PREPARATION/USES

- Usually eaten out-of-hand.
- Juices.
- Jellies
- Jams

WHEN TO EAT

When skin is yellowish and fruit gives to slight pressure.

HANDLING

Ripen at room temperature, then refrigerate.