



## 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