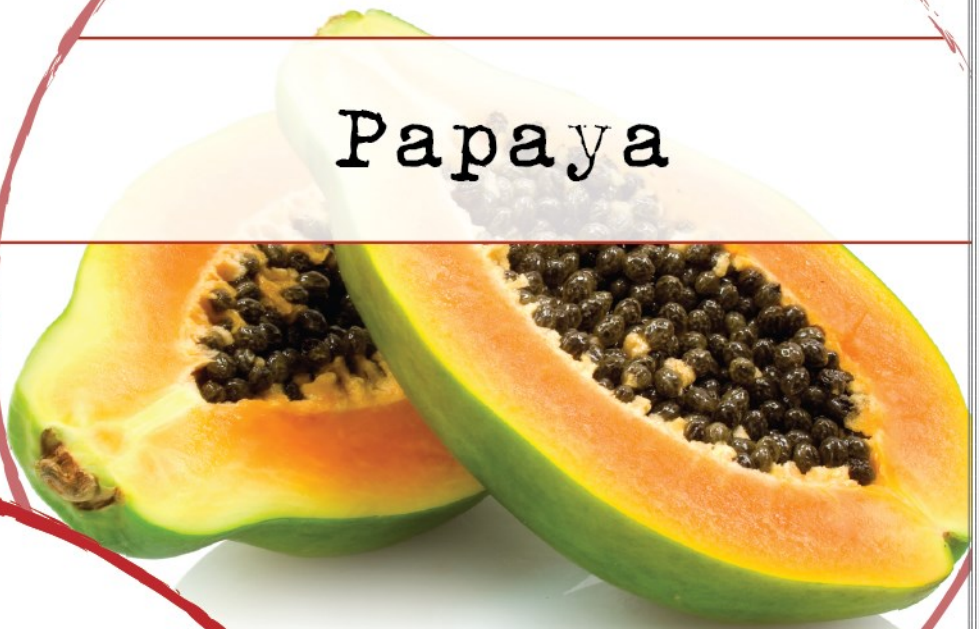


Harvest of the Month



FUN FACTS:

This tropical fruit is usually eaten raw without the seeds and skin. It has a sweet, tangy taste and a soft, butter-like consistency.

Called the “Tree of Good Health,” papaya is loaded with nutrients that lower cholesterol, improve digestion, prevent signs of aging, relieve toothaches and help reduce stress.

The black, pea-size seeds are edible and have a spicy, peppery taste. In some countries, they have been used as a substitute for pepper.

This institution is an equal opportunity provider.

