

# PAPAYA

*Carica papaya*


Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec



Keep to:

10°C  
90% RH

This fruit has a tropical flavor, with smooth orange-colored pulp and round black seeds. Its skin is smooth and orange-green in color. It is widely used in salads, juices, and for fresh consumption. This fruit is cultivated in warm lands, up to altitudes of 1000 meters above sea level.

| Presentation | Specification | Box        |              |  | Pallet size(cm) |
|--------------|---------------|------------|--------------|--|-----------------|
|              |               | NET WEIGHT | GROSS WEIGHT |  |                 |
| BOX 4.5Kg    | Bulk          | 4.5kg      | 4.8kg        | 110  | 120x100         |
| BOX 7.5Kg    | Bulk          | 7.5kg      | 7.9kg        | 80   | 120x100         |



It is used to combat constipation.



Prevents asthma.



May reduce the risk of cancer.



Improves calcium absorption.



Prevents heart disease.



It helps our body to sleep, move muscles, learn and memorize.



Excellent source of vitamin C.

