

EDIBLE GARDEN



GUAVA

The guava (*Psidium guajava*) is an evergreen shrub originating from Central America that lives for approximately 40 years. They have a slender trunk with smooth green to red-brown bark and leaves which are smooth on the upper surface and hairy on the underside.

Guavas are cultivated for their edible, oval-shaped fruits in light green or yellow skin that contain edible seeds. They are highly nutritious, rich in antioxidants, vitamin C, potassium and fibre, excellent fresh or in desserts.