

## EDIBLE GARDEN



### PAPAYA

Papaya (*Carica papaya*) is native to Central America and thrives in tropical climates around the world. This large, short-lived perennial plant can reach up to 30 feet at maturity. They have palmate leaves that span approximately three feet in width and bear sweet-scented flowers.

Papayas have soft, sweet tasting flesh that provide an array of health benefits, including reducing the risk of heart diseases, aiding in digestion and lowering blood pressure.