

Guava



Guava is an excellent source of Vitamin C; it provides more than three times the recommended daily intake. Its also a good source of lycopene and Vitamin A.



In tropical regions, guavas grow all year round. They are locally grown here in Hawaii.



The seeds of guavas are small, scattered, and are okay to eat. But eating too much guava seeds isn't good for you.

Guavas are grown on trees that can reach a height of 30 feet tall.

