

Papaya



Papaya is an excellent source of Vitamin A and vitamin C that help boost the immune system. It also contains a good amount of potassium and calcium which help control heart rate, and blood pressure.



Papaya seeds can be easily found within the fruit.



Papaya trees are locally grown in Hawaii. Many local residents grown papaya trees in their yards.

Papaya trees grow really fast and are very common in Hawaii. But not all papaya trees produce fruits, only the female trees do.

