

GUAVA



- ◆ A type of Guava with the name, Jamaican Guava is already extinct.
- ◆ Guavas have been cultivated for their plum-like fruit, of the same name, since about 1,000 B.C., and were favorites of the Aztec and Incas. Today they are grown in tropical countries around the world.
- ◆ The guava grows on a small tree or shrub of the myrtle food family. It is an evergreen and has a beautiful flower.
- ◆ They are rich fiber, vitamins A & C and folic acid. A single common guava contains about four times the amount of vitamin C as an orange.
- ◆ In Hawaii, guava is eaten with soy sauce and vinegar. In Mexico, the guava agua fresca beverage is popular.
- ◆ Guavas can be white, yellow, pink or red.

