

FEIJOA



- ◆ Feijoa fruits are similar to an egg shape. The color and texture of the skin resemble that of a lime. The flesh is dense, grainy and creamy, similar to the flesh of a ripe pear. The flesh contains a jelly-like seed.
- ◆ Feijoa is a member of the myrtle family and is related to guavas and eucalyptus.
- ◆ They are available late early fall through mid winter when harvested in California. Feijoas are ripe when slightly soft (similar to a Banana).
- ◆ They originate from southern Brazil, Uruguay, eastern Paraguay and northern Argentina. Feijoas were first collected in the wilds of southern Brazil in 1815 by German botanist Friedrich Sellow. They were introduced into California around 1900.
- ◆ The Feijoa is an evergreen, perennial shrub or small tree that grows to a height of 1-7 meters, and is grown as an ornamental or fruiting tree. It produces an attractive burst of red flowers in spring months. Leaves are colored green on the upper surface and silvery grey on the under side.
- ◆ Feijoas are fat free, saturated fat free, cholesterol free and sodium free. They are a good source of vitamin C.

