



**Thought  
Foodness**

**Featuring  
Papaya**



WEST VIRGINIA HARVEST™





## Did You Know?

# Papaya

### Where I grow best:

Papaya grows best in warm, sunny places with lots of heat. It needs at least six to eight hours of sunshine every day and likes temperatures between 70 and 90 degrees. Papaya trees do not like cold weather or frost, so they grow best in places like Florida, Hawaii, and southern Texas. They need soft, well-draining soil and plenty of water. Papayas can also grow in big pots if they are kept in a warm, sunny spot.

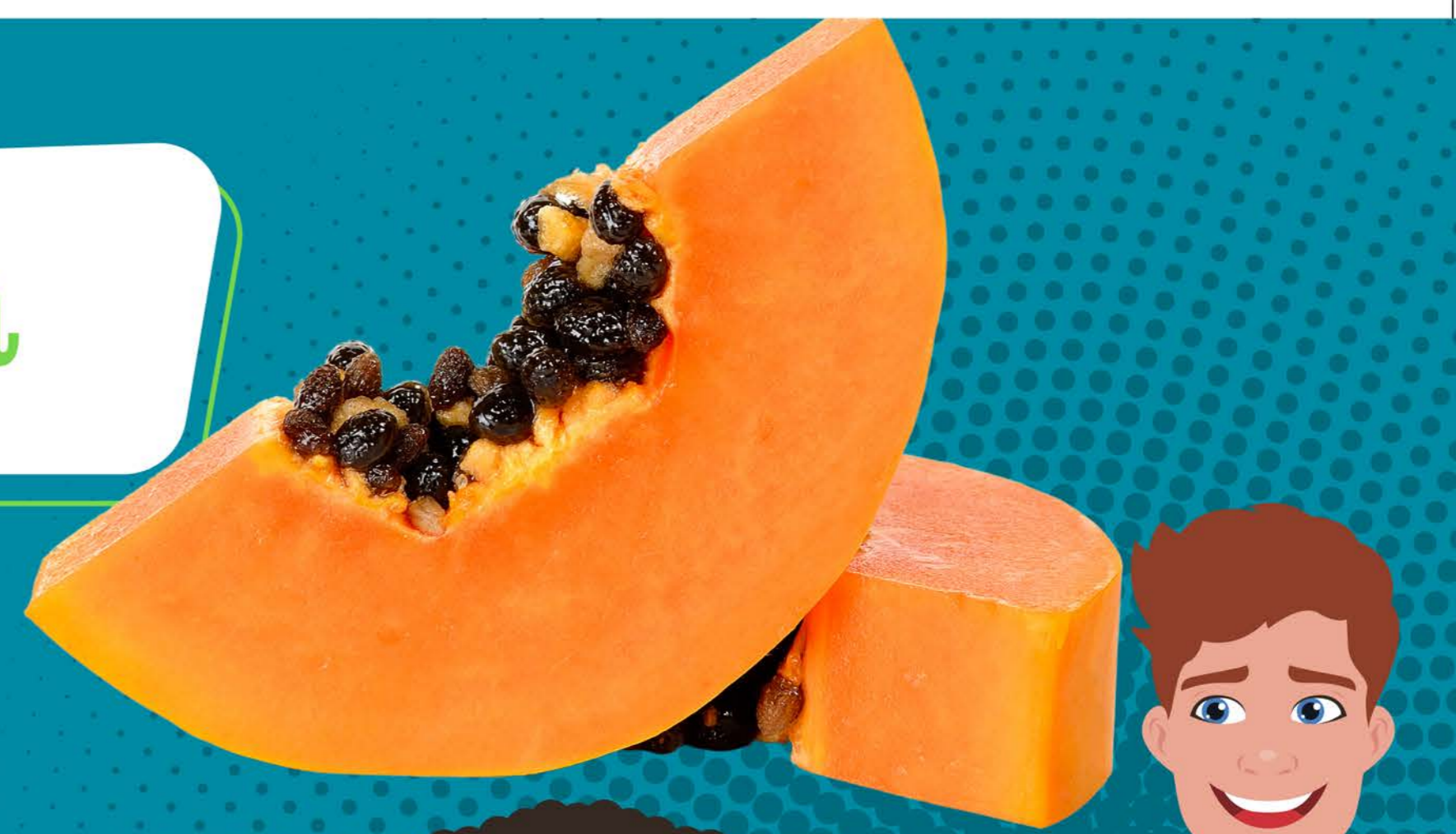
### My Nutritional Superpowers include:

Papaya has amazing nutrition superpowers that help keep the body strong and healthy. It is full of vitamin C, which helps fight off germs and keeps the immune system strong. Papaya is packed with vitamin A, which is great for eyesight and skin. It has natural enzymes that help the body break down food and absorb nutrients. Papaya also has lots of water, which helps keep the body hydrated. Eating papaya is a sweet and delicious way to stay healthy and full of energy!

### I taste great in meals like:

Papaya Yogurt Parfaits, Papaya Salsa, and Papaya Breakfast Toast!

**You can find Papaya at Grocery Stores and Walmart in West Virginia!**



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# Recipe Spotlight

## Papaya Breakfast Toast

Here is an easy way to try today's produce item in a meal at home!\*

Cooking is a team effort. Make sure you are with a parent or guardian when attempting to prepare any item in the kitchen.

### How to make it:

1. Toast the bread and spread peanut butter or cream cheese on top.
2. Add papaya slices and eat for a sweet and healthy breakfast!

### What you will need:

- 1 slice of whole wheat bread
- 1 tablespoon peanut butter or cream cheese
- ¼ cup sliced papaya



\*Please use Safe Food Handling Practices (<https://www.fda.gov/food/buy-store-serve-safe-food/safe-food-handling>) You must have a parent or guardian assist with any heating or cooking requirements associated with this recipe.  
Please ask a parent or guardian to assist with cutting fruits or vegetables.

  
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