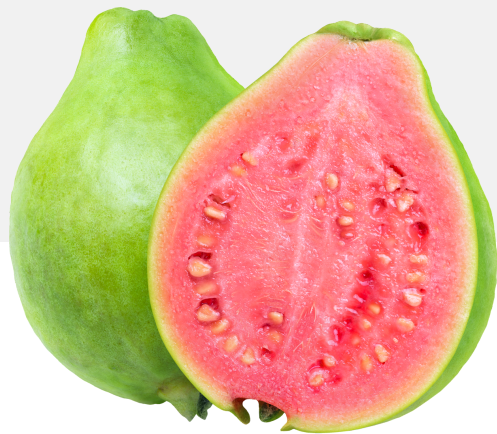


GUAVA



The guava is a fruit native to Central America, Asia and Africa. The fruit grows on a tree called the guava tree which can reach up to 8 meters. The skin of the guava is thin and fragile and its fragrance is strong. For some varieties, its skin is pitted with black when ripe. Its perfume is very appreciated and frequently used.

AVAILABILITY AND PROVENANCE

PROVENANCE

JANUARY FEBRUARY MARCH APRIL MAY JUNE JULY AUGUST SEPTEMBER OCTOBER NOVEMBER DECEMBER

MEXICO

BRAZIL

TARGET CUSTOMER: CARIBBEAN

OPTIMAL TEMPERATURE FOR CONSERVATION

8 - 10°C

PURCHASE GUIDE

Les fruits doivent être fermes, mais céder légèrement lorsqu'on les presse légèrement. La peau doit être lisse et exempte de meurtrissures ou de taches. En outre, un arôme parfumé émanant du fruit est une bonne indication de sa maturité et de sa saveur.

CONSUMPTION

Guava can be eaten raw when it has softened. However, it is frequently used to make juice or nectar. It is used to make sorbet, syrup and jelly for pastries.

NUTRITIONAL VALUE

Guava is rich in pectin and vitamins A, B and C as well as calcium. Did you know that the edible skin of the guava contains almost five times more vitamin C than an orange?

