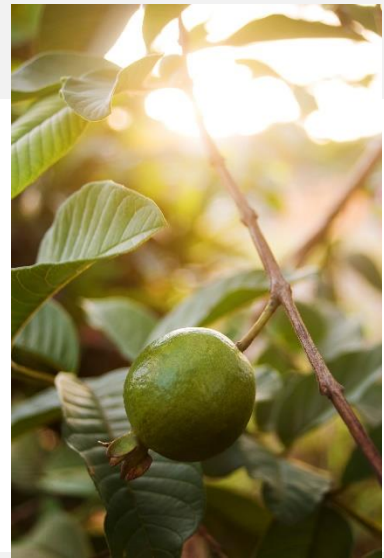




# Guava

## What Am I?

Guavas have light green or yellow skin, and a deep or light pink center with small seeds. Different varieties of guavas vary in skin thickness, sweetness and seed size. Guavas can be enjoyed raw or cooked.



## How Do I Grow?

- Guavas grow best in tropical or subtropical climates.
- Guavas grow on trees, and most of the fruit will mature in the summer.
- The trees will begin producing fruit after two years and can continue to do so for 40 years.

## Nutrition

Guavas contain vitamin C, phosphorous, iron and calcium. They are often referred to as “super fruits” because of their high vitamin content.

## Fun Facts

- Guava leaves are sometimes used in hair products because they are believed to prevent hair loss and encourage hair growth.
- Some countries make tea by boiling young guava leaves in water.
- Guavas contain more vitamin C than an orange.