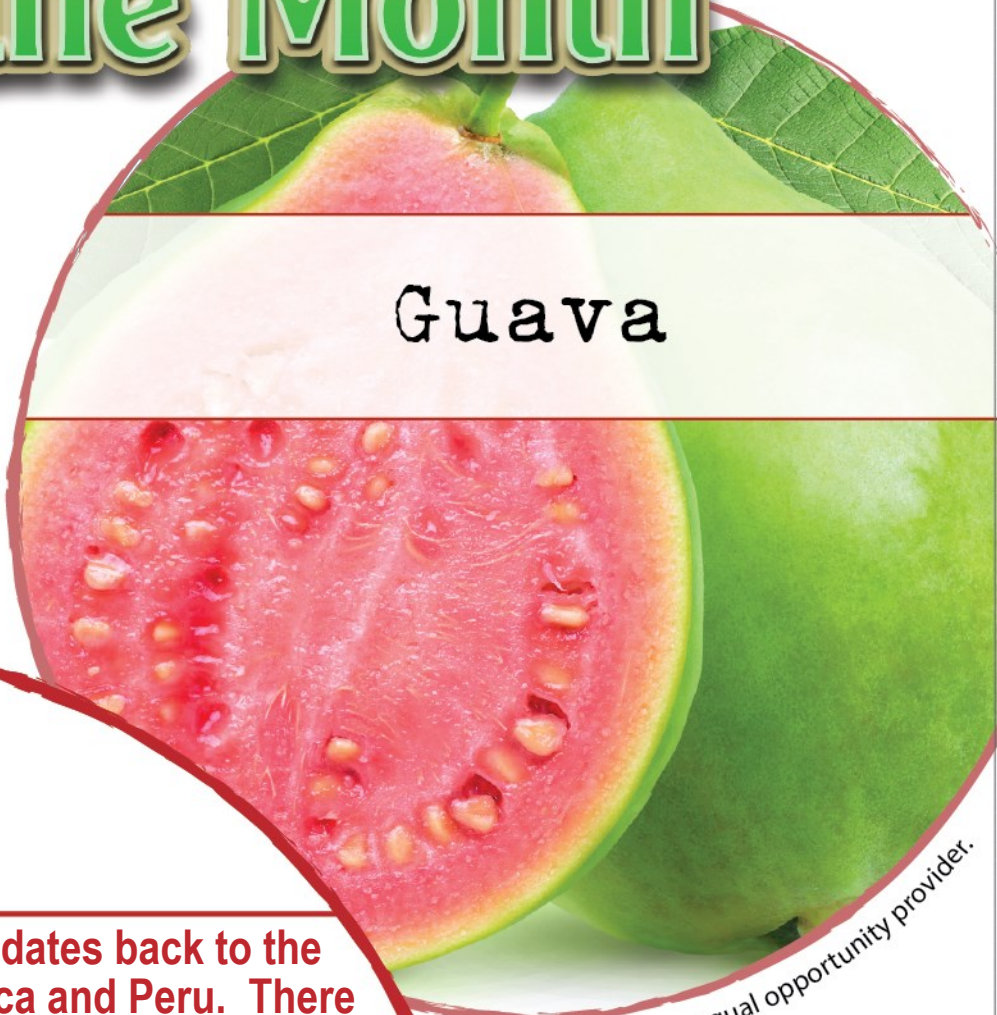


Harvest of the Month



Guava

Calories

112

Total Fat

2g

1
cup

Sodium

15mg

Sugars

3g

FUN FACTS:

Guava is a tropical fruit that dates back to the 19th century in South America and Peru. There are over 150 varieties in different shapes and colors. You can eat the entire fruit—rind, flesh and seeds! India is the largest producer.

When ripe, it tastes like a cross between a pear and a strawberry ~ sweet and flowery. Its pear-like texture is crunchy and grainy.

Guavas are known as a “super fruit” because they are a rich source of vitamins B, C, A and E.

This institution is an equal opportunity provider.

