

## Health Minute

### Powerful Papaya...

Called the “fruit of the angels” by Christopher Columbus, the exotic papaya is a healthy fruit that you can enjoy year-round. Papayas are rich in carotenes, vitamin C, flavonoids, folic acid, panthothenic acid, potassium, magnesium, and fiber. Papaya also contains an enzyme called *papain* that may help lower inflammation. Because of papain, papaya can be used as a natural meat tenderizer. Pick up a papaya today – you can plant the seeds and grow your own perpetual supply at home!



Picking the perfect papaya...	Health benefits of Papaya
<p>Ripest when the skin is reddish-orange.</p> <p>Green with patches of yellow color will continue to ripen at room temperature</p> <p>Papayas that are totally green or overly hard will not ripen – peel the fruit and shred it over salad</p>	<p>Folic acid promotes healthy levels of homocysteine</p> <p>The enzyme papain can reduce inflammation and aid arthritis and asthma</p> <p>Vitamins A, C, E, and carotenoids aid eyesight and can protect against macular degeneration</p>