

Pick of the month – Guava and Feijoa

There are many varieties of guavas, which can range in size from a small egg to a medium apple. Typically, the fruit is oval in shape and about 2 inches in diameter. The color of the guava's thin skin can range from yellow to red to purple-black, the flesh from pale yellow to bright red. Guava is sweet with a slight tart aftertaste. Its texture is firm; similar to an apple. Guava tastes like a combination of pear and strawberry. The seeds of guavas are edible. Guava is native to South America, but is now commonly grown in California, Florida and Hawaii. It is also known as a Bangkok Apple or Guayaba. Choose those that give to gentle palm pressure but that have not yet begun to show spots. To be eaten raw, guavas should be very ripe. Ripen green ones at room temperature. Guavas make excellent jams, preserves and sauces. Fresh guavas are a good source of vitamins A and C.

The feijoa is also known as the pineapple guava. The fruits have a juicy sweet seed pulp. The skin is sour and can be bitter, but provides a nice balance to the sweet pulp. Fruit maturity is not always apparent from the outside as the fruits remain green until they are over mature or rotting. When the fruits are immature, the sweet seed pulp is white and opaque, becoming clear and jelly-like when ripe. Once the seed pulp and surrounding flesh start to brown, the fruit is over mature and shouldn't be eaten.

Storage

Store ripe guavas in the refrigerator for up to a week. Green, unripe guavas should be stored at room temperature until ripe. Ripe guavas stored at room temperature will spoil quickly; normally within a couple of a days.

Preparation

The entire guava is edible. The rind and small seeds inside, along with the creamy flesh are often used in making jellies, preserves, and sauce. To be eaten raw, guava needs to be very ripe. Guava is typically sliced lengthwise into 5 or 6 slices and seeds discarded.

Fruit Smoothie

1 guava	1 banana	1 cup orange juice
1 tsp lemon juice	1 Tablespoon honey	2 handfuls of ice

Preparation: Slice the banana into bite-size chunks. Cut the guava in half and scoop out the pulp. Put the banana and guava pulp in the blender together. Pour lemon juice and half of orange juice in the blender too. Add one handful of ice to blender and blend. After the ice is blended fairly well, add honey, the rest of the orange juice and the rest of the ice. Blend to the consistency you prefer.