



## Papaya



**Plant Botanical Name:**

*Carica papaya*

**Plant Sub Species or Variety:**

'Tropical Dwarf Papaya'

**USBG Plant Location:**

Conservatory

**Conservatory Room Location:**

Medicinal Plants

**Sunlight:**

Full sun

**Plant Moisture Requirements:**

evenly moist

Papaya is a luscious, soft tropical fruit from Central and South America. This great source of Vitamin C is eaten ripe, peeled and seeded in most places, seeds are eaten along with their gelatinous encasement to combat intestinal parasites. The unripe fruit can be cooked, and has a high amount of pectin. Papaya also contains the enzyme Papain, a useful meat tenderizer, which is also in ointments to treat burns and rashes. The leaves, an effective painkiller and soother, are steamed and eaten. In some parts of Asia, green papaya seeds and fruit are a folk remedy for contraception.

---

**Source URL:** <https://www.usbg.gov/plants/papaya>