

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, although the 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 for thickening. 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 anti-inflammatory, are steamed and eaten. In some parts of Asia, green papaya seeds and fruit are a folk remedy for contraception.

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