

# Guava Mama Farm





**Farm Location:** Fallbrook

**Farm Size:** 2.5 acres

**Main crop:** Guavas

## MY FARM STORY

Meet Debra Centrella of Guava Mama Farms! Guava Mama Farms is a 2.5 acre farm located in Fallbrook, California where Debra and her husband Nick grow guavas! Debra was not always a farmer, nor a guava expert, but three years ago she moved to a property with guava trees and began her research. "I had never farmed before, so this was big for me," Debra explains, "I love to learn, and jump into projects!"

Guava Mama Farms was established in June of 2017, where it homes 815 trees of Mexican Yellow, Asian Green, and Pink guavas. The Mexican Yellow is a smaller guava with sweet, white flesh. The Asian Green guavas are bigger and similar to a green apple, while Pink guavas are very fragile and are commonly used for jellies and syrups.

Guavas are harvested from September to February or March. The peak harvest time is in December and is when they are most sought after. "Guavas are a pretty delicate fruit," Debra mentions, "and they are pretty particular as to when you pick them." Guava Mama Farm's guavas are picked when they are a vibrant lime green color and are shipped within 3-5 days in order to be at the peak of freshness.

Debra enjoys getting to know Guavas and experimenting with them as an ingredient in simple syrups, jams and daiquiris in hopes of expanding into the cottage industry.

"It's sad that some people will refer to a guava as a value fruit. The guava is very prominent in 3rd world countries because it's so healthy and good for you. It just hasn't expanded in the United States yet." Debra is very passionate about guavas and wants to spread the word about them. "I feel like guavas are mysterious, underrated, under-familiar, and a misunderstood fruit. I think very few have ever really tasted a guava in many parts of the United States. They are an amazing fruit with so much Vitamin C and are delicious!" Prior to the COVID-19 pandemic, Debra enjoyed providing samples at the farmers markets and everyone would be amazed by the prominent fragrance and sweet taste, especially the young kids.



Debra Centrella

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