

Harvest of the Month™

SUMMER - GUAVAS



GUAVAS, A SAN DIEGO STAPLE, ARE OFTEN REFERRED TO AS A SUPERFOOD! THIS IS BECAUSE THEY ARE RICH IN VITAMINS B, C, A, AND E. THEY HAVE MORE VITAMIN C THAN THE AVERAGE ORANGE AND MORE PROTEINS AND FIBER THAN A PINEAPPLE.

HEALTHY SERVING IDEAS



MAKE JAM OR JELLY

USE FOR JUICING OR SMOOTHIES



BAKE INTO BREAD OR PASTRIES

FOOD WASTE PREVENTION

- STORE IN THE FRIDGE IN THE CRISPER DRAWER INSIDE A PLASTIC OR PAPER BAG
- KEEP UP TO FOUR DAYS IN THE FRIDGE BEFORE THEY BECOME OVERRIPE
- IF BECOMING TOO RIPE, THEY CAN BE USED FOR JAMS, JELLIES, SIMPLE SYRUPS, VINEGARS, AND BAKING



FUN FACTS

THE AVERAGE GUAVA FRUIT CONTAINS 100-500 LITTLE SEEDS IN THE MIDDLE OF THE FRUIT. THESE SEEDS ARE EDIBLE, BUT CAN BE CRUNCHY!

GUAVA VARIETIES

PINEAPPLE

DROUGHT TOLERANT PLANT, EGG SIZED FRUIT WITH THICK GREEN SKIN AND TROPICAL TASTE



STRAWBERRY

DARK RED SKIN, STRAWBERRY FLAVOR. SMALL, BITE SIZED FRUIT



MEXICAN CREAM

PALE, YELLOW SKINNED WITH CREAMY, WHITE, THICK AND SWEET FLESH



RUBY PINK

GREEN TO YELLOW SKIN WITH BRIGHT PINK FLESH. CHEWABLE SEEDS AND SWEET FLAVOR



HAWAIIAN WHITE

GREEN SKIN AND WHITE FLESH, TASTE BETWEEN PEAR AND STRAWBERRY. VERY SWEET AND TASTY



FUN FACTS

THERE ARE OVER 100 SPECIES OF GUAVA! THEY ARE NATIVE TO MEXICO, THE CARIBBEAN, CENTRAL AMERICA, AND THE NORTHERN PART OF SOUTH AMERICA. NOW THEY ARE FOUND IN ALL THE TROPICAL AND IN SOME OF THE SUBTROPICAL REGIONS BECAUSE THEY ARE DELICIOUS, HEALTHY EDIBLE FRUITS!

GUAVA VIDEO



SCAN THIS QR CODE OR [CLICK HERE](#) TO WATCH SAN DIEGO UNIFIED'S HARVEST OF THE MONTH VIDEO ON GUAVAS!
LEARN MORE ABOUT HOW THEY ARE HARVESTED!

THIS VIDEO CONTAINS AN OVERVIEW OF HARVEST OF THE MONTH, A VIDEO FROM SAN GABRIEL RANCH, AND AN OVERVIEW OF THE NUTRITIONAL BENEFITS OF GUAVAS!



[HTTPS://WWW.YOUTUBE.COM/WATCH?V=804W4W1JWIU](https://www.youtube.com/watch?v=804w4w1jwiu)

HEALTHY GUAVA SMOOTHIE

INGREDIENTS

- 1/2 CUP ALMOND MILK
- 3 GUAVAS, SEEDS REMOVED
- 1 FROZEN BANANA
- 1 CUP CHOPPED STRAWBERRIES
- 1 TSP MAPLE SYRUP
- SPOONFUL OF HEMP SEEDS

INSTRUCTIONS

1. ADD ALL INGREDIENTS TO A BLENDER EXCEPT HEMP SEEDS
2. BLEND, THEN SPRINKLE WITH HEMP SEEDS
3. ENJOY!

