

Papaya



Also called a papaw or pawpaw, the papaya, is a tropical fruit shaped like an elongated melon. It has an edible orange flesh and small inedible black seeds. The juice of the papaya contains the enzyme papain, which is somewhat similar to pepsin, the enzyme in gastric juices that digests proteins such as those in meats, eggs, and dairy products. Papain is also used in commercial meat tenderizers. The papaya comes from tropical places with higher humidity. These locations include Mexico, Central America, Thailand, Africa, and Asia. Papayas are an excellent source of vitamin A and are also high in vitamin C.