

**Although rare, pawpaw allergies are possible, especially if seeds are consumed.*



- Between 5 oz. and 1 lb.
- Plump, round shape, similar to mango.
- Fragrant floral aroma.
- Yield easily to the touch like a ripe avocado.
- Skin lighter green, then yellow, developing brown blotches like a banana.
- Flesh yellow, soft like custard.

Selecting Pawpaw

To eat fresh, cut pawpaws in half and scoop the flesh out, avoiding large seeds or open one end and squeeze flesh into your mouth.

Green pawpaws can be eaten as a vegetable. They make a good substitute for squash in a curry and are delicious in a salad.

Pawpaw Uses

Freeze, don't can, when your pawpaw gets a little too ripe. Freeze measured dollops of pureed pulp on waxed paper, then wrap each individually.

Pawpaws are very perishable and, when ripe, will only keep two days at room temperature. They keep a week in the fridge. However, storing pawpaws at less than 40°F is not recommended since it often changes the flavor, producing caramel-like notes.

Storing and Preserving

In recent years the pawpaw has attracted renewed interest, particularly among organic growers, as a native fruit which has few pests, and which therefore requires little pesticide use for cultivation. The shipping and storage problem has largely been addressed by pulping the fruit and freezing the pulp. Among backyard gardeners it also is gaining in popularity because of the appeal of fresh fruit and because it is relatively low maintenance once planted. The pulp is used primarily in baked dessert recipes, as well as for brewing pawpaw beer and wine, or for creating ice cream and custard. In many recipes calling for bananas, pawpaw can be used with volumetric equivalency.



Pawpaw is indigenous to the U.S. and is a large edible fruit with numerous seeds. It is eaten in-hand as fresh fruit or processed into desserts and baked goods. Pawpaw is green when unripe, maturing to yellow or brown. The fruit has a creamy, custard-like flesh. Its flavor is 'tropical'; described as a combination of banana, mango and pineapple, although it varies significantly by cultivar, and has more protein than most fruits. The pawpaw is related to the cherimoya and soursop, *not* the papaya.

When you see a pawpaw in the store, it is most likely locally grown. Although it is a delicious and nutritious fruit, pawpaw has never been cultivated on the scale of apples and peaches primarily because it does not store or ship well. It is also difficult to transplant due to its long taproot.

A 'Tropical' Taste

Pawpaw

The 'tropical' native fruit; a good source of calcium, protein and Vitamin C!

- Pawpaws are higher in protein than bananas, apples or oranges.
- Niacin content is twice as high as banana, 14 times as high as apple and four times as high as orange.
- Good source of calcium and Vitamin C.
- Protein in pawpaw contains all of the essential amino acids.
- Fatty acid profile is preferable to that of banana, with 68 percent as monounsaturated or polyunsaturated.

Nutrient composition of 100 grams pawpaw pulp with skin:

(source: Kentucky State University)

Protein:	1.2 grams
Fat:	1.2 grams
Carbohydrates:	18.8 grams
Fiber:	2.6 grams
Vitamin C:	18.3 milligrams
Calories:	80
Potassium:	345 milligrams
Calcium:	63 milligrams
Niacin:	1.1 milligrams
Iron:	7 milligrams



Filling, delicious Missouri-grown

Pawpaw



Information & preparation instructions from the University of Missouri Center for Agroforestry

www.centerforagroforestry.org

Pawpaw Pie

¾ c. sugar
2 Tbsp. flour or cornstarch
2 eggs (reserve whites for meringue)

2 c. milk
1 c. pawpaw pulp

Combine sugar and flour. Add egg yolks and milk. When well mixed add pawpaw pulp. Cook until thick and pour into baked pie crust. Cover with meringue and brown in moderate oven (about 350 degrees F).



Meringue: In a large clean bowl, whip egg whites until soft peaks form. Spoon on top of the slightly cooled pie, sealing the meringue to the edges of the crust. (Can whip in cream of tartar and/or sugar if desired.)

Recipe from Kentucky State University

'Tropical' Orange Julius

pulp of one pawpaw
(remove all seeds)
1 or 2 c. orange juice
1 or 2 scoops vanilla ice cream



Blend all ingredients in blender.

Recipe from Ken Hunt, University of Missouri, Center for Agroforestry

Pawpaw Cookies with Black Walnut

¾ c. pureed pawpaw pulp
1 c. all-purpose flour
½ tsp. baking powder
¼ c. butter

½ c. brown sugar
1 egg
½ c. black walnuts



Preheat the oven to 350 degrees F and grease one large cookie sheet. Peel and seed fresh pawpaws and process in a food processor until fine. Sift together flour and baking powder, and set aside. Cream butter and sugar. Add egg. Add flour mixture and then add pawpaw pulp. Chop half the nuts (reserve 16 pieces) and blend in. Drop by teaspoonfuls onto the prepared cookie sheet and press a piece of black walnut onto the top of each cookie. Bake 12 minutes or until brown across the top. Makes about 16 cookies.

Recipe from Kentucky State University

Pawpaw Muffins

1 lb. very ripe pawpaws
non-stick vegetable spray
1½ c. all-purpose flour
½ c. white cornmeal
1 Tbsp. baking powder
1 egg
1/3 c. 100% pure sweet sorghum

¼ c. oil
1 c. 2% milk
½ c. hickory nut or pecan pieces
½ c. raisins



Preheat oven to 400 degrees F. Wash and peel pawpaws, and press through a food mill. Measure out 1 c. of pulp. Using non-stick vegetable spray, grease 18 medium muffin cups. If desired, sprinkle a little cornmeal into the bottom of each muffin cup. In a large bowl, whisk together flour, cornmeal and baking powder. Crack the egg into the center of the dry ingredients, and whisk the egg until well mixed. Add and whisk in the sorghum, oil and milk, stirring until almost mixed. Using a rubber scraper, stir in the nuts and raisins. With the nuts barely mixed in, and the flour just incorporated, pour the batter into the muffin cups, filling each about 2/3 full. Bake 17 minutes or until a toothpick inserted in the center comes out clean. Muffins should be crusty on the top and brown on the bottom. Cool 3 minutes on a wire rack, then lift the muffins from the pan onto the wire rack to finish cooling.

Recipe from Kentucky State University