

FRUIT PRODUCTION: PAPAYA



All Rights Reserved. No parts of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without the prior permission of AGRIHORTICO

© 2019 Agrihortico Digital Publishing

INDEX

1. Papaya: An Introduction	1
2. Nutrition in Raw Papaya Fruits	1
3. Growing Papaya	2
4. Health Benefits of Papaya	2
5. Pest Disease Management	3
6. Harvesting Practice	3
7. 9 Popular Varieties of Papaya	3

Papaya: An Introduction

The Scientific Name of Papaya is *Carica papaya*. It belongs to the family of Caricaceae. Papaya is a native of tropical Americas. Papaya is a plant of tropical and subtropical climate. Papaya plants are dioecious. It is a herbaceous, quick-growing plant with an un-branched, hollow stem that terminates in an apical crown. The crown is with a cluster of palmately lobed leaves. Leaves are with long, hollow petioles

Nutrition in Raw Papaya Fruits

Nutrient	Unit	Value per 100 g
Water	g	88.06
Energy	Kcal	43
Protein	g	0.47
Total lipid (fat)	g	0.26
Carbohydrate, by difference	g	10.82
Fiber, total dietary	g	1.7
Sugars, total	g	7.82
Calcium, Ca	Mg	20
Iron, Fe	Mg	0.25
Magnesium, Mg	Mg	21
Phosphorus, P	Mg	10
Potassium, K	Mg	182
Sodium, Na	Mg	8
Zinc, Zn	Mg	0.08
Vitamin C, total ascorbic acid	Mg	60.9
Thiamin	Mg	0.023
Riboflavin	mg	0.027
Niacin	Mg	0.357
Vitamin B-6	Mg	0.038
Folate, DFE	µg	37
Vitamin A, IU	IU	950
Vitamin E (alpha-tocopherol)	Mg	0.3
Vitamin K (phylloquinone)	µg	2.6
Fatty acids, total saturated	g	0.081
Fatty acids, total monounsaturated	g	0.072
Fatty acids, total polyunsaturated	g	0.058

Health Benefits of Papaya

Unripe papaya fruits are a rich source of an enzyme called papain. Due to the presence of papain, papaya helps in digestion of proteins. Papaya fruit mask may be used as a beauty aid to remove skin blemishes. Regular consumption of papaya fruits is beneficial to cure stomach ulcers. Papaya fruits are helpful in proper functioning of liver and spleen. It also helps in enhancing health of our digestive system .

Growing Papaya

Climate: Papaya plants are sun-loving and prefers direct sunlight. Frost-free locations are preferred for growing papaya plants

Soil: Well drained, light soils are the most ideal. Sticky, water-logged soils must be avoided at any cost

Propagation: Propagation of papaya is by seeds. Seeds may be sown in well-prepared nursery beds. Since seedlings are susceptible to damping-off, a fungal infection, sterilization of nursery bed soils is advised almost two weeks prior to sowing. It may take up to 3 weeks for seeds to germinate. Vegetative propagation by inarching, grafting, and cutting is also possible. Tissue culture propagation of papaya is also popular now.

Planting: Field is tilled, and organic matter/humus is added to the top soil before planting ; alternatively green manuring may be done to increase soil fertility. Hardened seedlings are transplanted in the main fields. Seedlings are transplanted in pits having a size of 50x50x50cm. Planting is done after the onset of monsoons and during frost-free periods. Plants are spaced 3 m apart. Watering is done soon after planting; thereafter need-based irrigation is done. Organic manures and compost may be incorporated into the soil time to time to replenish soil fertility.

Pest Disease Management

- Papaya plants are susceptible to Anthracnose, a fungal disease and Papaya Mosaic, a viral disease
- Spreading of viral disease may be controlled by the elimination of affected plants
- Red Spiders and Aphids are major insects that affect growing papaya plants; they can effectively controlled by spraying organic pesticides such as pyrethrum extracts or nicotine extracts.

Harvesting Practice

Papaya starts bearing fruits in the first year of planting itself; i.e. after 8-10 months. Ripe papaya fruits are harvested when they are still hard and green; on the verge of beginning to yellow

Yield: Up to 30-50kg fruits is obtained from a plant for every harvest

Storage: Harvested fruits may be stored in bamboo baskets, and wooden crates

Popular Papaya Cultivars/Varieties

1. Washington
2. Coorg Honey Dew
3. Honey Dew
4. Peradeniya
5. Solo
6. Pusa Dwarf
7. Pusa Giant
8. Pusa Majestic
9. Pusa Delicious

FOR FURTHER INFO...

Visit Our Website at

<https://agrihortico.com>

Or

Contact us at

info@agrihortico.com

agrihortico@gmail.com

You May Also Watch AGRIHORTICO

Video on [Papaya](#)

