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The Papaya  
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The papaya is a melon-like tropical fruit which varies in size and shape. Papaya is a very good source of vitamin A, and a good source of vitamin C.

The fruit may be eaten "on the half shell" and is improved if lemon or lime juice is sprinkled generously over it. It combines well with citrus fruits in salads and fruit cups.

The seeds of the papaya are attached to the walls of the fruit cavity and are round, wrinkled, grayish-black. They are the size of small peas and are enclosed in a thin gelatinous covering. Many people like to eat the seeds with the fruit. Others prefer them bruised, with vinegar added and served in salad dressing.

Papaya trees bear year-round in the sub-tropical climate of southern Florida  
June is National Papaya Month, in order to celebrate, here are a few recipes:

#### Royal Hawaiian Delight

- 1 cup whipped cream
- ¼ cup confectioners' sugar
- 8 marshmallows
- ½ cup shredded coconut
- 1 ½ cups ripe papaya cubes
- ½ cup diced orange
- 2 teaspoons lemon juice

Chill cream and whip. Add sugar, then marshmallows cut into quarters. Fold in papaya, lemon juice, orange and coconut. Pour into serving dishes and chill before serving.

#### Golden Papaya Salad

- 2 cups pineapple juice
- 1 small package lemon or orange flavored gelatin
- 1 cup papaya cubes
- 1 cup orange sections
- ¼ cup Surinam cherries, seeded or ½ cup sliced kumquats

Heat half of pineapple juice to boiling point. Dissolve gelatin in it and add remaining juice. Chill. When gelatin begins to congeal, add fruit. Turn into molds, chill. Serve on lettuce with pineapple mayonnaise garnished with ripe Surinam cherries.