



Guava (*Psidium guajava*)

- Guava is extremely rich in Vitamin C
- Just 20g of guava meets an adult's daily requirements of vitamin C
- Guava also has Vitamins A and B6 for a healthy immune system

Nutritional value of guava:

- Eating guavas is very valuable for health of both children and adults. Guavas should be consumed regularly as part of a diverse and well balanced diet.
- Guava is extremely rich in vitamin C, but also has some of the vitamins A and B6.
- Vitamin C strengthens the immune system and provides for good health. Eating only 20g of a guava covers the whole daily requirement of vitamin C for an adult.
- Vitamin A is important for good vision and a healthy immune system.
- Vitamin B6 is good for the immune system and for pregnant women and young children for healthy development.

The guava tree

- The guava is a hardy tree that adapts to a wide range of growing conditions. It can stand a wide range of temperatures; the highest yields are recorded at mean temperatures of 23-28°C. In the subtropics quiescent

trees withstand light frost and 3.5-6 months (depending on the cultivar) of mean temperatures above 16°C suffice for flowering and fruiting.

- It fruits at altitudes up to 1500m and survives up to 2000 m. Guava is more drought-resistant than most tropical fruit crops. For maximum production in the tropics, however it requires rainfall distributed over the year.



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