



RESCUING FOOD • NOURISHING COMMUNITIES

FOOD CARD

TROPICAL FRUIT



AVAILABLE

Mangoes, melons, pawpaw, papaya, pineapples: All year.

STORE

Pineapples: In the fridge.

Mango, Melon, Pawpaw: Unripe. at room temperature.

Ripe: in the fridge.

EAT

Raw or cooked.

PREPARE

1. Remove ends (pineapple).
2. Remove seeds (melons, pawpaw).
3. Peel or cut the skin off from top to bottom.
4. Slice or dice.

AVOID WASTE

Freeze: Slice or dice fruit. Freeze overnight in a single layer on a tray. Once frozen, put into small containers and back in freezer.

TASTY IDEAS

- Eat with breakfast cereals, ice cream or yoghurt.
- Make a tropical fruit salad.
- Add to smoothies.
- Add to salad. Try cubed watermelon and mint salad OR mango in an Asian style salad.
- Add to casseroles, curries, sweet and sour savoury dishes.