

PAWPAW

Selection Info

Choose fruit that gives a little to the touch, like an avocado or peach. Fruit will continue to ripen after you pick it, especially if left at room temperature.

Preparation

The most popular way to eat a pawpaw is by simply rinsing it in a cool stream of water, cutting it in half lengthwise and removing the seeds with a spoon or melon baller. Consume the pulp only. Fruit skin and seeds should not be consumed.

Storage

Short-Term Storage: Fully ripe pawpaws last only a few days at room temperature. Pawpaws

can be kept for a week in the refrigerator. If fruit is refrigerated before it is fully ripe, it can be kept for up to three weeks and can then be allowed to finish ripening at room temperature.

Long-Term Storage: To freeze, cut the fruit in half lengthwise. Then, scoop out seeds and set them aside. Next, remove the pulp and store it in a freezer bag. Be sure to flatten the bag to remove all air bubbles. This can be frozen for up to 12 months.

This frozen or fresh pulp can also be used in place of bananas, applesauce or pumpkin in almost any recipe.



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PAWPAW OATMEAL BARS

Ingredients


- 1 1/2 cups flour (whole wheat optional)
- 1 1/2 cups quick or rolled oats
- 1 cup brown sugar
- 1/2 teaspoon baking soda
- 3/4 cup butter
- 1-2 cups pawpaw puree

Directions

1. Stir together flour, oats, sugar and soda.
2. Cut in butter until crumbly.
3. Pat 2/3 of the mixture into the bottom of an ungreased, 13 x 9 x 2-inch pan.
4. Spread puree on top. Sprinkle on the remaining crumbs.
5. Bake at 375 degrees for 25 to 30 minutes. Cool and cut.



Learn more about **PAWPAW** by scanning the QR code above or by visiting <https://extension.purdue.edu/foodlink/food.php?food=pawpaw>.

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