

Guava

DID YOU KNOW
THAT ONE GUAVA
HAS MORE
VITAMIN C THAN
AN ORANGE?

WHAT IS GUAVA?

Guava, originating from Central-South America, is a delicious, fleshy fruit enjoyed in smoothies, chutneys, salads, and even raw. Guava has a sweet, slightly tart flavor that is very popular in tropical cuisine. It's not just tasty, guava has numerous health benefits as well. Guava is known to boost heart health through an abundance of antioxidants, potassium, and vitamins. Guava is also an excellent source of fiber, making it an essential part of healthy digestion. Since the guava is so heavily packed with vitamin C, it is also a great way to boost your immune system. What's not to love about guavas?

PLANTING

If you are growing guavas in zones 9-12, you should be able to plant them in the ground with no problem (although in zone 9 you may need to provide extra protection for the tree if you experience extended frosts). For all other zones, guava will need to be planted in a pot so that it can be brought indoors during the winter. We recommend planting in a mixture of 50% sand and 50% potting soil or in a 5-1-1 soil mixture (5 parts pine bark, 1 part perlite, and 1 part peat moss).



MAINTENANCE

All tropicals are prone to root rot so you want to make sure that you plant your guava tree in well-drained soil. If you plant it in a pot, make sure that the pot has several draining holes. It also needs lots of sun to flourish, so make sure that you put it in a place where it will get full sun. On average, guava needs to be watered much less than other plants. In fact, it usually only needs to be watered once or twice a week, depending on how well-draining your soil is. It should also be pruned back in the spring to encourage branching. You may need to stake it with bamboo to promote a straight trunk.

COMMON GUAVA PESTS AND DISEASES

Wilt

Guava wilt is a serious disease that usually occurs during seasons of heavy rain. It is a pathogen that causes the leaves of the plant to yellow and sag. It also makes the fruit blacken. There's no cure for wilt infections in plants, but good nutrition, including heavy feedings of nitrogen after fruiting, can help stave off the disease.

Anthracnose

Anthracnose is a common fungus that is a problem for a wide range of plant types, including guava. You may notice that young shoots die back dramatically with fruit and leaves still attached, or that fruit and leaves develop small black dots that quickly grow into dark brown, sunken lesions. A fungal infection, we recommend treating with an organic fungicide like copper fungicide.

Aphids

One of the most common pests that attack guava plants are aphids. Aphids are quickly identified by the sticky substance that they leave in their trail. This substance also attracts ants. Keep a close eye on your guava so that as soon as aphids are present you can treat them with a natural insecticide like neem oil.

OUR FAVORITE GUAVA VARIETIES

Cattley Yellow

The yellow guava is unique in that it is one of few guavas that can be eaten whole! Due to its thin skin and juicy flesh, the fruit can be enjoyed without peeling. If grown in full sun, the Cattley yellow guava will produce abundantly. It has more flood tolerance than many tropical plants, and can even be grown in a pot indoors!

Peruvian White

The Peruvian white guava has some of the largest fruit, averaging about the same size as a softball. The fruit is tart, creamy, and aromatic. It, too, grows very well in pots provided it has plenty of sunlight. Very easy to grow.

Pink Barbie

This pink-fleshed guava has smooth, very aromatic fruit. It prefers a slightly acidic, sandy soil, and is also drought tolerant. The fruit is often used for smoothies, and the leaves can be steeped to make guava tea.

BOB WELLS NURSERY

at Sorelle Farms



Instagram:

bobwellsnurserytx

Facebook:

@BobWellsNursery

Website:

bobwellsnursery.com

Email address:

customerservice@sorellefarms.com