Carica (caricacea pubescens) is native to Andean regions, South America. The plant is brought to The East India (Indonesia) by Dutch Indian Colonial in 1940s and only grows on mountain area at 2,000 m above sea level of Dieng Plateau, Central Java, Indonesia.

Dieng is a marshy plateau that forms the floor of a caldera complex on an active volcano complex, located near the town of Wonosobo. It is also the site for Hindu temples from the 7th and 8th centuries, the first known standing stone structures in Java. The name "Dieng" comes from Di Hyang which means "Abode of the Gods".

* Low calories. Rich in proteins and fibers.
* Have antioxidant qualities and a high content of vitamin A and C.
* Contain minerals like potassium and magnesium which are important for muscle contraction.
* Contain enzyme papain, which is positive effects on digestion; beneficial to the stomach and colon.

Carica is a unique and exquisite fruit that grows in mountain area of Dieng Plateu, Central Java, Indonesia. Taste fresh like mango, pinneapple, pear and peach in one.

* Smooth
* Crunchy
* Beautiful firm texture

Carica cannot be consumed fresh. That is why the Carica is friendly pasteurized. The Carica fruit in very light syrup is refreshing, crunchy, and aromatic like it were fresh and tree ripened.  
  
Just delicious by itself.

Introducing Dieng Plateau

The spectacular lofty volcanic plateau of [Dieng](http://www.lonelyplanet.com/indonesia/java/dieng-plateau) (Abode of the Gods) is home to some of the oldest Hindu architecture in Java. More than 400 temples, most dating from the 8th and 9th centuries, originally covered this 2000m-high plain, but they were abandoned and forgotten and only rediscovered in 1856 by the archaeologist Van Kinsbergen.

These squat, simple temples, while of great archaeological importance, can be slightly underwhelming for non-experts. Rather, Dieng’s beautiful landscape is the main reason to make the long journey to this isolated region. Any number of walks across the volcanically active plateau, the marshy caldera of a collapsed volcano, are possible – to mineral lakes, steaming craters or even the highest village in Java, Sembungan.