Rambutan

What am I?

Rambutans are a unique looking fruit that is grown in Asian countries like Malaysia and Thailand. It tastes similar to a grape. It is usually enjoyed raw but can be stewed or served with baked goods for a sweet treat.

How do I grow?

- Rambutans grow on trees. It takes 3 months for the fruit to ripen after the tree flowers.
- Ripe rambutans are bright red in color.
- The fruit grows in clusters, resembling a bunch of grapes.

Nutrition Facts

Rambutans are rich sources of potassium which help your heartbeat. They also contain vitamin C which helps your immune system. To eat a Rambutan, tear off the rind and pop out the fruit. Enjoy!

Fun Facts

- The soft, flexible spines are called spinterns. They may feel funny, but are not sharp.
- The name comes from the Malaysian word for “hair”.
- At the center of the fruit is a very bitter tasting seed. Don’t eat it!

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