Starfruit

What am I?

Starfruit is commonly grown in southern China, India, and the Philippines. It has a slightly sweet-sour flavor. It tastes like a combination of pear, green grape, and orange.

How do I grow?

- Starfruit grow on Carambola trees, which can reach 20-30 feet tall.
- Starfruit can be harvested from June-Feb when grown in the United States. It is typically grown in Florida and Hawaii.

Nutrition Facts

Starfruit is a good source of vitamin C, vitamin A, phosphorous, and potassium. Vitamin A helps improve our vision. Luckily, starfruit is easy to eat because it can be consumed without needing to be peeled or seeded!

Fun Facts

- When the fruit is cut crosswise it forms a perfect star. Hence the name starfruit!
- Two varieties of star fruit are grown-tart and sweet
- Star fruit is harvested when the green fruit has a tint of yellow

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