

STAR FRUIT



- ◆ It is believed the star fruit originated in either Sri Lanka or Moluccas (islands of Indonesia)
- ◆ It is commonly grown in Southern China, India, and the Philippines. To meet the increasing popularity the fruit is now grown in Florida, Hawaii, and Puerto Rico.
- ◆ The fruit is harvested when the green fruit has a hint of yellow.
- ◆ When the fruit is cut crosswise it forms a perfect star.
- ◆ Packed full of nutrients like protein, vitamin C, fiber, potassium, and copper.
- ◆ Star fruit has a natural sweet sour taste.
- ◆ This fruit grows on a tree.

