

## RAMBUTAN

**Hawaiian Name:** None known

**Common Names:** Rambutan, laguan, chom chom

**Scientific Name:** *Nephelium lappaceum*

**Origin:** Indonesia and Malaysia

**Plant Part Eaten:** Fruit



### Locally Grown...

- In 2008, 70 farms in Hawai'i produced 204 metric tons (450,000 pounds) of rambutan valued at \$1,080,000.
- Much of the rambutan grown by Hawai'i farms is exported to the US mainland.
- Rambutan trees flower in response to periods of water stress, or dryness. In its native Southeast Asia, this usually occurs just once a year, but in Hawai'i, it can happen twice a year, providing harvests in late summer and winter.
- Plant scientists with the University of Hawai'i continue to study ways to grow higher yields of high quality rambutan. They have looked at growing practices, pollinators, climate, diseases, and also packaging and storage.

### Where else it's grown in the world...

Rambutan is grown in Southeast Asia, and throughout the tropics of Africa, the Caribbean, South America, and Australia.

### Nutrition Info...

- Rambutan is a good source of Vitamin C, an antioxidant that helps prevent damage by free radicals to our body's cells.
- Rambutan supplies copper, a trace mineral the body needs for strong bones, healthy tissues, and energy production.



### Meet a Farmer...

**Farm:** ONO Organic Farms

**Farmers:** The Boerner Family

**Location:** Kiphalulu, Maui

**Website:** onofarms.com



onofarms.com

One of the largest certified organic farms in Hawai'i, ONO Organic Farms is a 50-acre, certified organic farm located on the southeastern slopes of Haleakalā on Maui. Four family members, another full-time employee, and four interns support the farm's operations. ONO Organic Farms grows and sells a wide variety of exotic fruits, cacao (chocolate), and Arabica estate coffee. All of the produce is hand-picked for perfect ripeness and premium quality. ONO produce is sold in Whole Foods, Foodland, Farmers' Markets, and on-site during farm tours. Coffee and value-added products are also sold online.

### In the Garden...

- Although they can be grown from seed, grafted or airlayered rambutan trees provide the best quality fruit.
- Reputable nurseries should carry rambutan cultivars that do especially well in Hawai'i.
- Young rambutan trees are sensitive to wind, so plant near bananas or other plants that will serve as a windbreak. Soil that drains well is also critical.



- Dig a hole twice as wide as the pot. Fill in with a mixture of rich compost and soil.
- Water regularly until well established.
- Create a pollinator-friendly environment to encourage rambutan flower pollination and fruit development.
- Mulch regularly to minimize weeds, keeping mulch away from tree trunks.

## Let's Get Cooking... Tropical Panacotta

### Ingredients

- 2 cups full fat coconut milk
- 1 cup ripe 'ulu (not over-ripe)
- 1/2 cup ripe apple banana
- 1/2 cup liliko'i pulp or juice
- 1 tsp agar agar powder (vegan gelling agent)
- 10 fresh rambutan or lychee
- 1/2 cup additional fresh liliko'i pulp (optional)

### Directions

1. Blend coconut milk, 'ulu, apple banana, and liliko'i pulp or juice until smooth.
2. Place in a pot on low and simmer. Add agar agar powder after 10 minutes. Simmer until powder is dissolved.
3. While agar-fruit solution is simmering, peel rambutan and remove seeds.
4. Chop into small pieces and add to mixture.
5. Put mixture into short glasses or silicon molds.
6. Chill in refrigerator for 1 hour or until set.
7. Optional: Drizzle liliko'i-pulp over panacotta and enjoy!



*Recipe by Chef Gigi Miranda, Whole Plant Based Cooking.*

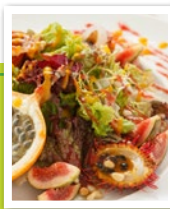


*Reminder: Please compost your food waste.*



## What can you make with rambutan?

Rambutan are refreshing in drinks, stuffed with cottage cheese and nuts, or baked with meats. You can eat them as part of a salad, puree for ice cream and sorbets, add to shave ice and other desserts, or simply remove the skin and enjoy! Fresh lime and minbring out its flavor.



## Did you know?

1. Rambutan trees can grow up to 80 feet tall.
2. Depending on the type, rambutan fruit varies in color: pinkish red, deep red, maroon, orange-red, yellow-red, or orange-yellow. The flesh is white and surrounds one large seed.
3. Rambutan ripen only on the tree and not after harvest.
4. Fruits are usually harvested while still on the branch, keeping it fresh for a longer time.
5. A black dye can be made from the rambutan's peel.
6. Rambutan gets its name from the Malay word rambut, which means "hair," and describes the fruit's long, soft spines. Its Vietnamese name is chôm chôm, which means "messy hair."
7. Rambutan is mostly eaten fresh, but it is also canned by commercial food producers or cooked into jams and jellies.
8. Rambutan is related to lychee and the two are often used similarly in cooking.



Fresh Choice Hawaiian Harvest celebrates the diverse, nutritious, and delicious bounty grown in Hawai'i, encouraging children and their families to eat more locally grown fresh fruits and vegetables. The Fresh Choice Hawaiian Harvest Toolkit includes educational resource sheets, family take-home letters, produce preparation sheets, and a poster showcasing Hawai'i-grown crops. For downloads and more information, visit [www.kokuahawaiifoundation.org/HawaiianHarvest](http://www.kokuahawaiifoundation.org/HawaiianHarvest).

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