

STARFRUIT

Hawaiian Name: *Hua hōkū*

Common Names: Starfruit, carambola, five finger

Scientific Name: *Averrhoa carambola*

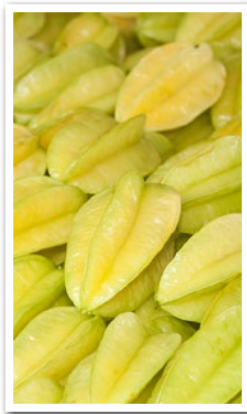
Origin: South East Asia

Plant Part Eaten: Fruit



Locally Grown...

- In Hawai'i, starfruit is grown more in people's yards, than on commercial farms.
- A starfruit tree can easily produce fruit for 40 years.
- In warm environments, star fruit can produce 3 to 5 crops a year and are non-seasonal.
- While not usually found in the wild, hikers on Kaua'i and Maui have spotted a few trees trailside.



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

Starfruit is grown in the Caribbean, South and Central America, Florida, and South East Asia.

Nutrition Info...



- An excellent source of vitamin C, an antioxidant that keeps you healthy.
- Fiber in starfruit acts as nature's broom, preventing constipation.
- Potassium helps prevent muscle cramps.

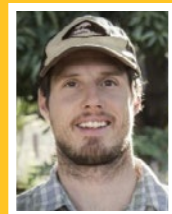
Meet a Farmer...

Farm: Ailani Gardens

Farmers: Jason and Rasika Leue

Location: Wai'anae, O'ahu

Website: ailanigardens.com



ailanigardens.com

Jason & Rasika Leue's main crop at Ailani Gardens is moringa, also known as kalamungay or drumstick tree. As is the case with many Hawai'i smaller farms, the family also grows fruit trees on their farm. In addition to moringa, the Leue's grow starfruit, papaya, and mangoes. Jason Leue offers health, gardening, and permaculture classes at the farm and holds a certificate in Permaculture Design. He has taught for over two decades in schools and community centers in Canada, the US, Australia, and Great Britain.

In the Garden...

- Seeds should be first sown in small containers/pots in damp peat moss and then transplanted when seedlings appear. Seeds will germinate in 5-7 days in summer, while it takes longer in winter.



- Plant seedlings 12 to 16 feet from other trees to allow enough space for the matured drooping and bushy branches. Seedlings are very tender and need good care. Protect young trees from wind.
- Encourage fruit production by feeding with fertilizer such as organic compost/manure, 10 to 20 pounds per tree/per year. Pruning should be done annually to keep trees a good size for easy harvest.

Let's Get Cooking... Starfruit Chips

Ingredients

Several firm, ripe star fruit

Directions

1. Wash and dry fruit.
2. Remove the stem end of the starfruit not taking to much of the fruit.
3. Cut the starfruit into horizontal 1/4 inch thin slices, creating star shapes (be consistent in the thickness of your cuts so the fruit dries at the same rate).
4. Lay out star shapes on the dehydrator tray as close together as possible. Since fruit shrinks as it dries, we want to utilize all the space on the tray.
5. Set dehydrator to 108° and dry for 48-72 hours. (Time varies with humidity levels and thickness of fruit.) Ensure the fruit has no more moisture in it if you would like it preserved.
6. Store in an airtight container.



Drying starfruit is a great way to preserve an abundant fruit crop. When removing dried fruit from its airtight container, be sure no moisture gets in, as moisture can contaminate fruit and cause mold growth.

Recipe adapted from Lyndee Sea, Divine Living Organic Living Lifestyle

Reminder: Please compost your food waste.

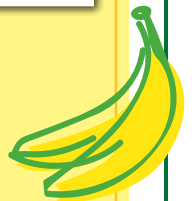
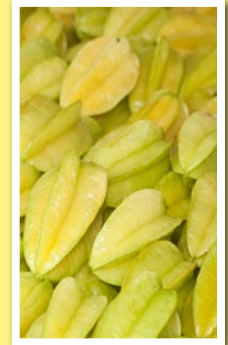


What can you make with starfruit?

Its juicy and crunchy and is great as a salad garnish. It is great as a relish, preserve, or in a spicy salsa in place of tomatoes. Green fruit is used for cooking to use its sourness. Try it as a juice or frozen treat. It is also nice served in thin slices or in flavored water. Whole fruits straight from the tree are also delicious!

Did you know?

1. English travelers called it the "cucumber tree."
2. There are two types of starfruit: tart and sweet.
3. In patients with chronic kidney failure, starfruit can be toxic.
4. In Asia, it has over 20 different names.
5. Malaysia and South East Asia have been cultivating the fruit for over 1000 years.
6. How do you spell it? Star Fruit or Starfruit...both are correct!
7. Starfruit is usually picked as soon as it has a hint of yellow.
8. You can eat the seed, skin and fruit! No trash is left!



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.

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