

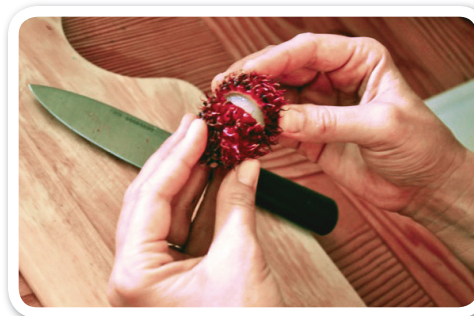
### FOOD PREPARATION STEPS



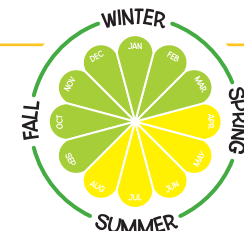
1. Wash rambutan thoroughly under cool running water.



2. (Optional) Score the shell of the fruit before serving, as it can sometimes be difficult for young children to open. Older children may be served the whole, uncut fruit.



*Rambutan is a very good source of vitamin C, which helps us to fight off illness and keeps our skin healthy. Rambutan is a good source of the mineral copper, compared with other fruits. Copper is important to many functions of the body and is also important for healthy hair growth.*



AVAILABILITY: ● PEAK ● MODERATE ● LOW

- Rambutan are available in Hawai'i from October through March.
- Choose fruits that are heavy for their size and avoid those that are cracked or shriveled.
- The sweetest rambutan are those with the most pink and red shells. Greenish fruits are not yet mature and brownish-black rambutan are past their prime.
- Plan for collecting and composting inedible rambutan shells and seeds.

*\*Seasonality varies with location and from year to year.*

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, take-home letters, food preparation tip sheets, and posters that highlight Hawai'i-grown crops. Downloads of Fresh Choice Hawaiian Harvest Materials, and more information are available at [www.kokuahawaiiifoundation.org/HawaiianHarvest](http://www.kokuahawaiiifoundation.org/HawaiianHarvest). Funding for the Fresh Choice Hawaiian Harvest program was provided by the Hawai'i Department of Agriculture Specialty Crop Block Grant. Photos: Anthony Ching, Kim Johnson, and shutterstock.com.