

FOOD PREPARATION STEPS



1. Wash starfruit thoroughly under cool running water, making sure grooves are clean.



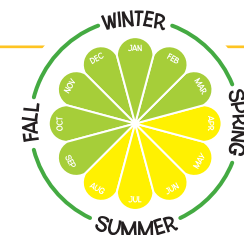
2. Slice fruit into 1/2" pieces.



3. Serve.



Starfruit is high in vitamin C, which supports the immune system and keeps us healthy. Fiber in starfruit acts as nature's broom, preventing constipation. Potassium in starfruit helps to prevent muscle cramps.



AVAILABILITY: ● PEAK ● MODERATE ● LOW

- Starfruit are available in Hawai'i from September through April.
- Look for deep yellow-orange fruits, as these will be the sweetest. Green fruits can be used in cooking to add a sour taste.
- Fruits need to be washed, but do not need to be skinned. The seeds are edible.

**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. Funding for the Fresh Choice Hawaiian Harvest program was provided by the Hawai'i Department of Agriculture Specialty Crop Block Grant. Photos: Anthony Ching, Natalie McKinney, and shutterstock.com.