

Starfruit from Florida



Key Points

- 1 Starfruit from Florida is sweet. It sweetens as it turns yellow.
- 2 Crisp and juicy, you can eat it like an apple or slice it into stars.
- 3 If desired, the edges can be trimmed with a peeler. The skin and seeds are edible.
- 4 Florida starfruits are ripe once most traces of green are gone.
- 5 Let starfruit ripen on the kitchen counter. Don't refrigerate until ripe.
- 6 It's more than a garnish - add one to salads, entrees, vegetables, aqua frescas and desserts.

How to slice



1

Trim off the edges, if desired.



2

Slice off the starfruit ends.



3

Slice into thick or thin stars!



4

Poke out any seeds, if desired.



Starfruit gets its name because of its star-shaped appearance when cut.

Also known as carambola, starfruit from Florida is sweet and tangy. It varies in size from three to six inches.

It's a good source of vitamins A and C. Starfruit's skin is edible.

Season: July to April

Shelf life: one week

100% yellow, eat within 3 days

Store: 48° to 55°

88% to 99% humidity

low ethylene



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Merchandising

- 1 Add starfruit slices to prepared fruit and veggie salads. Make sure the star shape is viewable.
- 2 Any ready-to-eat or ready-to-heat item has star appeal with a starfruit slice or two.
- 3 Signage should show star-shaped slices.
- 4 Pack with star-shaped ends pointing out to accentuate their shapes.
- 5 Display in multiple places, dry or refrigerated. Starfruit is a great impulse buy.