



## Geography/History

**Star Fruit** are native to Sri Lanka, the Moluccas, India and Indonesia, star fruit is considered to be a relatively "new" fruit and is now cultivated in the United States. Southeast Asia and Malaysia have cultivated star fruit for hundreds of years. Belonging to the wood sorrel family and of the species *Averrhoa carambola*, star fruit has a close relative called "belimbing". Other names include Carambola, Chinese star fruit, star apple and quite appropriately, five-angled fruit. This scented fruit was named after a twelfth century Arabic physician and philosopher, Averrhoes. Grown in Asia, South America, Central America, the Caribbean and Hawaii, trees were acquired from Hawaii and brought to the American mainland nearly one hundred years ago. Only recently has star fruit been readily available in American markets. Florida is a major producer.

See the table below for in depth analysis of nutrients:  
 Star fruit (*Averrhoa carambola*), raw, Fresh,  
 Nutritive value per 100 g,  
 ORAC value-5900  
 (Source: USDA National Nutrient data base)

Energy	31 Kcal	1.5%
Carbohydrates	6.73 g	5%
Protein	1.04 g	2%
Total Fat	0.33 g	1%
Cholesterol	0 mg	0%
Dietary Fiber	2.80 g	7%
<b>Vitamins</b>		
Folates	12 µg	3%
Niacin	0.367 mg	2.25%
Pyridoxine	0.017 mg	1.5%
Riboflavin	0.016 mg	1.25%
Thiamin	0.014 mg	1%
Vitamin A	61 IU	2%
Vitamin C	34.4 mg	57%
Vitamin E	0.15 mg	1%
Vitamin K	0 µg	0%
<b>Electrolytes</b>		
Sodium	2 mg	0%
Potassium	133 mg	3%
<b>Minerals</b>		
Calcium	3 mg	0.3%
Iron	0.08 mg	1%
Magnesium	10 mg	2%
Phosphorus	12 mg	2%
Zinc	0.12 mg	1%

## Description/Taste

**Star Fruit** is a glossy, yellow and translucent, unique star fruit's thin waxy skin has five deep lateral ridges that form charming star shapes when sliced. Easy to recognize, it is about two to five inches in length. Pleasantly citric, the complex taste of this attractive fruit has been described as combining plum, pineapple, apple, lemon and grape when it ripens to yellow. Its crisp texture offers a sweet-tart juice. Narrow ribbed fruits generally have a more tart flavor; thick fleshy ribs are usually sweet.

