



History/Origin

# CARAMBOLA

- ☆ Star fruit or carambola (*Averrhoa carambola*) is a species of tree *named after Averrhoës*, a 12th century Muslim philosopher and physician.
- ☆ Carambola is native to *Indonesian, India* and *Sri Lanka*.
- ☆ It has been cultivated in southeast Asia and Malaysia for almost a *1000 years*.
- ☆ Today, they are also grown in *Florida, Hawaii, California*, the Caribbean, and Central and South America.





# CARAMBOLA

Botanical

- ☆ Carambola or star fruit is a *tropical fruit*.
- ☆ When cut across the middle, the fruit resembles a *five pointed star*.
- ☆ Fruits are 3 to 5 inches long with a paper-thin, translucent, waxy, *yellow-orange to green skin*.
- ☆ The flesh ranges from *tart to sour to slightly sweet*.
- ☆ Flowers are fragrant and *pink to lavender* in color.





Nutrition

# CARAMBOLA

*Eat the skin, seeds and all!*

- ☆ The fruit of the carambola is *juicy and crunchy*.
- ☆ Carambola or star fruit is:
  - ♥ rich in *antioxidants*,
  - ♥ an excellent source of *Vitamin C*,
  - ♥ low fat, and
  - ♥ naturally sodium and cholesterol free.
- ☆ One star fruit will provide approximately *2/3 cup of sliced fruit*.
- ☆ The taste is difficult to compare, but it has been likened to a *mix of papaya, orange and grapefruit* all at once.





Fun Facts

# CARAMBOLA

- ☆ There are **2 varieties found in markets**, one sour and the other slightly sweet.
- ☆ It is impossible to tell the sweet and tart varieties apart but the tart varieties generally have narrowly spaced ribs and the **sweet varieties have thicker, fleshier ribs**.
- ☆ Some also say the **yellower the fruit**, the sweeter it is.
- ☆ There are several **white varieties**, of which all are sweet.
- ☆ The juicy flesh is **mostly water** and does not hold up well when heated.

