

# STAR FRUIT

## HARVEST OF THE MONTH

### Star of the Show

Starfruit originated in the tropics of Sri Lanka.

Today it can be found in Australia, South America, Hawaii, and Florida. It's a five-angled fruit whose name speaks for itself. It grows on a small, bushy evergreen tree, first bearing clusters of small lilac, bell-shaped flowers which become the oblong fruits.



February

### Sensational

### Star

Two varieties: one deliciously sweet and the other puckeringly sour; the sweeter one has thicker skin

### Nutrient Content

Vitamin C is provided from this fruit. Just 1 cup of starfruit provides 76% of the recommended daily value. Helps create a strong immune system.