



A GOLD STAR

carambola

The carambola is more commonly known as a star fruit because of the shape of the fruit.

Carambola is packed with nutrients! It is an excellent source of vitamin C. It also contains fiber, folate and antioxidants. Adding more fruit to your diet can reduce your risk of high blood pressure, heart disease and stroke.

Did you know?

- The entire fruit is edible, including the waxy outer skin.
- Carambola can be used in salads, sorbets and drinks to add a tart flavor.
- The carambola is great for eating right out of hand and does not need to be peeled or seeded before eating.
- Carambola is 90 percent water.

Shopping, Preparing and Storing

- A ripe carambola will be bright yellow with tinges of light green and will feel firm. It is normal if there is a brown color along the raised ridges.
- If your carambola is not ripe, let it sit on the counter for a few days.
- The entire carambola can be eaten after washing.

Cooking Tips

- Carambola tastes great raw but can be used in cooked dishes, too. Toss slices into stir-fry or broil with honey and serve atop grilled chicken.
- The playful shape of cut carambola makes it perfect for children. Add slices to fruit salad or enjoy alone as a snack.

It is believed that the carambola originated in Sri Lanka or Indonesia centuries ago. It is still a very popular fruit in Asia, but its popularity just recently took off in the US.

FROZEN CARAMBOLA PICKLES

- 1 lb. sm. Carambolas (green or semi-ripe)
- ½ lb. sm. yellow onions
- ½ c. white vinegar
- 1 tsp. salt
- 2 tbsp. water
- ¾ c. sugar



1. Trim brown edges from starfruit and slice crosswise with a knife, discard seeds. Thinly slice onions. Mix prepared carambola with onion, salt and water in a 2 quart non-aluminum bowl and let stand 2 hours. Drain, but do not rinse.
2. Return the solids to the bowl, add sugar and vinegar and let stand, stirring occasionally, until sugar has dissolved completely and liquid covers the solids. Pack in freezer containers, leaving 3/4 to 1 inch head space; seal tightly, label and freeze for at least 24 hours before defrosting for serving.



FRUITS

Make most of your choices whole or cut fruit instead of juice.

VEGETABLES

Eat a variety every day. Fresh, canned or frozen.

GRAINS

Make at least half of your grains whole grains.

DAIRY

For adults and children 2 years and older, drink 1 percent low-fat or fat-free milk.

PROTEIN

Choose lean meat, poultry without the skin, seafood, beans and peas, eggs, processed soy or nuts.