

March Fruit - Star Fruit!

Fun Facts

~ Star fruit grows on trees that can be as tall as 30 feet

~ Typically, the fruit is eaten raw as the skin is edible

~ Star fruit is mostly grown and eaten in Asia and South America

~ Star fruit can come in two types, sweet and tart

~ Star fruit is a good source fiber, vitamin C and A.

~ Has a similar texture to grapes- firm on the outside while juicy when bitten in to

~ The fruit is harvested when it begins to turn slightly yellow

~ The official name for star fruit is "carambola"



Easy Baked Star Fruit Chips!

Ingredients:

- ~ 2 medium/large star fruit
- ~ 2 cups water
- ~ 1 ½ cups sugar
- ~ cinnamon to coat
- ~ pinch of sea salt
- ~ sliced ginger (optional)

Instructions:

1. Preheat oven to 200 F
2. Line baking sheet with parchment paper or oven-safe baking mat
3. Slice both star fruits into thin slices, about ¼ inches thick
4. In a saucepan, add sugar, water, and ginger (optional) to the pan and bring to a boil. Reduce heat, add the sliced fruit and simmer for a few minutes. Remove from heat, let sit for 20 minutes.
5. Put fruit on baking sheet and allow syrup to drip off. Bake for an hour until they are crispy. Sprinkle with cinnamon, sugar, and sea salt!

