

STARFRUIT



The starfruit (or carambola) is a fruit of the carambola tree native to tropical regions of Asia. The acidity of this fruit varies according to the variety and when sliced, it has the shape of a star.

AVAILABILITY AND PROVENANCE

✓ PROVENANCE

JANUARY FEBRUARY MARCH APRIL MAY JUNE JULY AUGUST SEPTEMBER OCTOBER NOVEMBER DECEMBER

MEXICO

BRAZIL

TARGET CUSTOMER: CARIBBEAN

OPTIMAL TEMPERATURE FOR CONSERVATION

4 - 5 °C

PURCHASE GUIDE

Carambola in stores are often pale green in color, as they are not yet ripe. Look for a fruit that's firm to the touch, with a smooth, shiny skin. When ripe, carambolas are bright yellow. It's normal to see a few brown or green spots on the edges.

CONSUMPTION

The starfruit can be eaten raw, but it is mainly used in fruit salads, in juices, as candied fruit, jam or sauce or to decorate desserts. Its star shape makes it a perfect decoration on your cakes, mousses or other dishes.

NUTRITIONAL VALUE

The starfruit is rich in vitamin C and polyphenols. However, the fruit contains a toxin called caramboxin, which means that the fruit or its juice can be toxic and cause serious problems. To minimize the risks of intoxication, it is important not to eat carambola or drink its juice on an empty stomach. In addition, it is preferable to limit your consumption to two fruits per week.

