

Fruit Serving Guide: Starfruit

Miami-Dade County Public Schools
Farm to School Program

A. Starfruit (Carambola)

1. Serving Suggestions:

- Sliced and added to fruit and/or vegetable salads
- Served whole
- Used as garnish



2. Checking for Ripeness

- Color: Yellow or Orange (NOT green)
- Softness: Slightly soft but not overly mushy (gives slightly gripped)
- Aroma: faint aroma when ripe



NOT Ripe



RIPE



Fruit Serving Guide: Sapodilla

B. Sapodilla (Nesberry)

1. Serving Suggestions:



Cut in half, seed removed, and served with spoon (peel on)



Peeled, diced and added to fruit salad

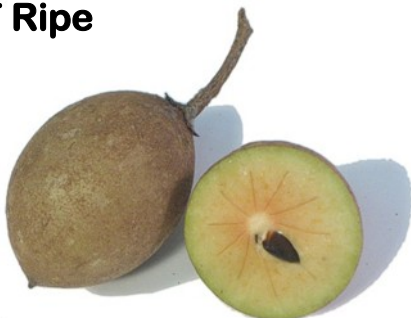
Spooned out and mixed with lemon juice and cinnamon as a sapodilla sauce (this application can be used if sapodilla is very ripe or overripe)



2. Checking for Ripeness

- Skin: Fruit peel starts to wrinkle
- Color: Fruit is brown inside (NOT green or yellow)
- Softness: Soft (gives to the touch/grip; like a ripe peach)

NOT Ripe



Ripe

