

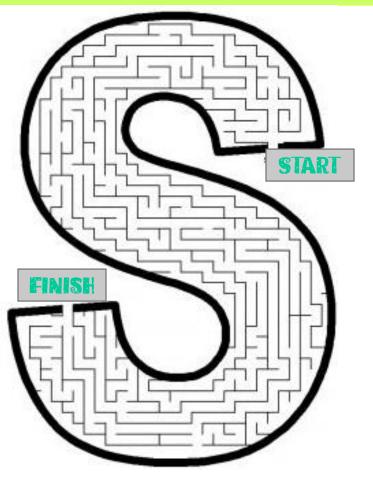
Fresh Fruit and Vegetable Program Nutritional Education

Starring Sta

Starfruit is believed to be originated from Sri Lanka! It has become so popular that it is now grown in parts of America- Florida, Hawaii, and Puerto Rico!

It is harvested when it is green and then as it ripens, it turns more yellow. Each fruit has 5 distinctive ridges running down the sides and when it is cut crossways, it forms a perfect STAR!

It is low in calories but packed with vitamin C, fiber, and antioxidants!



Color my friend to look like me!

