

Carambola

Available year round;
most plentiful Fall/
Winter

The carambola is a tree with fruit of golden yellow color and a touch of green along the edges when ripe. It is oblong, up to 6 inches in length, and deeply lobed, and when cut in cross section, the slices form a star that gives the fruit its common name of “Star Fruit”. This fruit is completely edible with a thin skin and juicy, crisp flesh, that is either sweet or tart. One must rely on taste to distinguish between them. Florida’s sweet carambolas are enjoyed fresh, in fruit salads and in many desserts, including fruit tarts and upside-down cakes. The fruit adds flavor and beauty to stir-fried entrees and tossed green salads. Tart varieties of carambola can be baked with hams and roasts, and be used for garnish. Carambola juice can be made into delicious Florida fruit-based wines, and mixed with gelatin or sherbets.

Nutritional Value: Serving size: 100g (about one 4 inch fruit), Calories: 33, Protein: .5g, Fat: .3g, Carbohydrates: 8g, Fiber: 2.7g, Potassium: 163mg, Vitamin A: 493 IU, Vitamin C: 2mg

Mamey

Available February-
September

This large, long fruit has coarse, brown, leathery skin, and when ripe, yields to a gentle squeeze. The beautiful flesh is salmon or red-colored, and is sweet tasting, and its fragrance complements its flavor. The texture of this non-fibrous fruit is custard-like. Mamey Sapote is used in milkshakes and smoothies, fruit salads, cooked in desserts, or eaten raw with cream, sugar, or wine. Mamey also freezes well.

Nutritional Value: Serving size: 100g (1/8 of 8 inch fruit), Calories: 51, Protein: .5g, Fat: .5g, Carbohydrates: 13g, Fiber: 3g, Potassium: 47mg, Vitamin A: 30 IU, Vitamin C: 14mg



Guava

Available January-February
and May-October

Guavas are small, oval fruits about 2-6 inches in size with a thin, light yellow-green skin that is edible. The ripe fruit softens to the touch and emits a sweet, characteristic fragrance. The flesh of the guava can be white, pink, yellow or red, with numerous, small edible seeds. It is delicious eaten out of hand, sliced in fruit cups, pureed for cream desserts, or juiced and used in punch, ice cream and sodas, or frozen for later use.

Nutritional Value: Serving size: 100g (about 1 fruit), Calories: 51, Protein: .8g, Fat: .6g, Carbohydrates: 12g, Fiber: 5g, Potassium: 84mg, Vitamin A: 792 IU, Vitamin C: 184mg



Mango

Available June-
September

Florida grows many different varieties of mangos that can measure up to 8 inches in diameter. The fruit’s skin is leathery and smooth, and colored with greens, yellows and reds. Inside, the color of the flesh ranges from pale yellow to deep orange. A ripe mango is soft to the touch, with a pleasing aroma, and has a tropical peach-like flavor. Mango is enjoyed in many ways. One easy way is to peel it and slice the fruit into wedges. Mango can be cubed and added to fruit salads, gelatins, pies and cobbler, eaten as a fresh dessert. Mangos can also be used green sprinkled with salt, or pickled in a salsa as a condiment. Frozen mango juice adds a tasty twist to a cool beverage on a summer day.

Nutritional Value: Serving size: 100g (1/2 of 6 inch fruit), Calories: 65, Protein: .5g, Fat: .3g, Carbohydrates: 17g, Fiber: 2g, Potassium: 156mg, Vitamin A: 3894 IU, Vitamin C: 28mg



Litchi

Available late May-early July

Litchis grow on trees in clusters of 2 to 30 fruits and ripen at the end of spring. This heart shaped fruit has a diameter of 1 to 2 inches and is yellow red or reddish-brown in color. The thin skin is bumpy, leathery, and easy to peel. Inside, the pulp is translucent, sweet and juicy, and surrounds a single seed, and the flavor is sweet, fragrant and delicious. Litchis are peeled, pitted, and eaten out of hand, added to fruit cups, stuffed with cottage cheese, or blended with ice cream, gelatin or fruit juices. Litchis may also be added to stir-fry dishes, placed on baking hams, or grilled on steaks. When the fruit is dried whole, the skin hardens and when shaken, the fruit inside rattles like a nut which gives it the name “litchi nut”. Litchis can be stored in plastic bags and frozen to enjoy throughout the year.

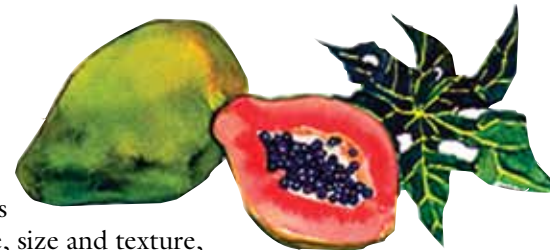
Nutritional Value: Serving size: 100g (10 fruits), Calories: 66, Protein: .8g, Fat: .4g, Carbohydrates: 16.5g, Fiber: 1g, Potassium: 171mg, Vitamin C: 72mg

Papaya

Available mostly
year round

Papaya resembles a melon in shape, size and texture, and is grown on a small tree. The skin is thin, smooth, tough, and is light or deep yellow in color when ripe. The inside flesh may be yellow, orange or salmon color, and it encloses numerous small, peppery seeds in the center of the fruit. Papayas are juicy and sweet, and taste similar to a cantaloupe with a characteristic fragrance. Although most commonly eaten fresh, after being peeled and cut into wedges, papayas can be served frozen, in fruit salads, added to ice cream, baked and eaten as a vegetable, pickled, or juiced and blended into beverages and gelatins. Unripe, green papayas are boiled and served as a vegetable, or cubed and cooked in vegetable soup. The fruit contains papain, which helps digestion and is used to tenderize meat.

Nutritional Value: Serving size: 100g (1/3 of 5 inch fruit), Calories: 39, Protein: .6g, Fat: .1g, Carbohydrates: 10g, Fiber: 2g, Potassium: 257mg, Vitamin A: 284 IU, Vitamin C: 62mg



Longan

Available July-August

The longan, a close cousin the litchi, is a tree fruit that grows in clusters. The individual fruits are round with a diameter of about 1 inch and are covered with a brown skin that has a smooth to “pebble” like texture. The flesh of the longan is translucent, white and crisp. Inside the fruit is a single, round seed. Longans are eaten fresh out of hand (discarding the peel and seed), canned in syrup, baked in pies as filling, or placed in fruit cups. They can also be dried and eaten like raisins.

Nutritional Value: 100g (about 30 fruits), Calories: 60, Protein: 1.3g, Fat: .1g, Carbohydrates: 15g, Fiber: 1g, Potassium: 266mg, Vitamin C: 84mg

Passion Fruit

Available July-March

This vine fruit is round and 3 inches in diameter. Its color ranges from dark purple with faint white specks, to light yellow, and the rind is tough, smooth, and approximately 1/8 inch thick. Under the rind lies a membranous sac filled with orange, pulpy juice with a characteristic flavor, and numerous hard black and brown seeds. This fruit is eaten by scooping out the pulp of a halved passion fruit – seeds and all. Eat it fresh or add cream and sugar. Passion fruit may also be added to fruit salads or beverages to give a delicious, tropical taste. Some prefer to remove the seeds by pressing the fruit through a cheese cloth or strainer. Then, the juice is added to beverages or sherbets or boiled and used in sauces, gelatins, candy, cake icing and filling, chiffon pie, or cocktails.

Nutritional Value: Serving size: 100g (about 5 fruits), Calories: 97, Protein: 2g, Fat: .7g, Carbohydrates: 23g, Fiber: 10g, Potassium: 348mg, Vitamin A: 700 IU, Vitamin C: 30mg



Pitaya

Available June-November

Also known as dragon fruit, pitahaya, and strawberry pear, the dragon fruit is strikingly beautiful with an exotic flair. This tropical cactus fruit varies in size and can weigh up to two pounds. Florida crimson-skinned varieties are smooth with leaflike appendages and the flesh can be red, white, or deep pink with numerous edible seeds. When ripe, a pitaya should yield slightly to gentle pressure. To eat, cut in half and scoop out the flesh with a spoon. It is best when served chilled. The peel can be used as a bowl or decoration. With a taste compared to kiwi and melon, the fruit makes an attractive and delicious addition to desserts, fruit salads, ceviches and seafood dishes, and it can easily be pureed and made into sherbets, ice creams, jellies and juices. Pitaya is very low in calories, rich in vitamins and high in antioxidants, the compounds noted for their health benefits.

Nutritional Value: Serving size: 100g (about 1 med fruit)
Calories: 35, Protein: .5g, Fat: .1g, Carbohydrates: 9.2g,
Fiber: .3g, Iron: .4mg, Vitamin C: 8.5mg, Vitamin A: 25mg,
Calcium: 6.0mg



Sapodilla

Available February-June

Also known as nas-eberry, the sapodilla ranges in size from 2 inches to 6 inches in diameter. It is grown on trees which produce latex, an ingredient in chewing gum. Its flesh is light to dark brown or reddish brown with either a smooth or grainy surface. Sapodillas are sweet with a pleasant taste similar to a mixture of pears and brown sugar. While some individual fruits may be seedless, most sapodillas have a few dark, shiny seeds which are inedible. Ripe sapodillas will give slightly when gently pressed. To eat, cut a sapodilla in half and scoop out the flesh with a spoon. Because of their delicious flavor, sapodillas can be eaten plain, but they also are great additions to sherbets, milk shakes, ice creams and pastries, and are ideal accompaniments to fish and poultry dishes.

Nutritional Value: Serving size: 100g (about 1/2 of one fruit)
Calories: 83, Protein: .4g, Fat: 1.1g, Carbohydrates: 20g,
Fiber: 5.3g, Potassium: 193mg, Vitamin A: 60 IU,
Vitamin C: 15mg, Calcium: 210mg



Warm oceans surround the southern tip of Florida, producing a tropical climate ideal for the growth of tropical fruits. Many of these fruits are not grown anywhere else in the continental United States.

**Tropical fruits available
"Fresh From Florida" include:**

<i>Florida Fruit</i>	<i>Available</i>
Carambola-----	Year round
Guava -----	Jan-Feb and May-Oct
Litchi-----	May-July
Longan -----	July-Aug
Mamey-----	Feb-Sept
Mango -----	June-Sept
Papaya -----	year round
Passion Fruit -----	July-Mar
Pitaya -----	June-Nov
Sapodilla -----	Feb-June

Florida's Tropical Fruits are High in Antioxidants! For More Information ...

Tropical Fruit Growers
of South Florida
18710 S.W. 288 Street
Homestead, Florida 33030
www.tropicalfruitgrowers.com

Fruit and Spice Park
24801 S.W. 187 Avenue
Homestead, Florida 33031
(305) 247-5727
www.fruitandspicepark.org

Fairchild Tropical Gardens
Tropical Fruit Program
10901 Old Cutler Road
Miami, Florida 33156
(305) 667-1651
www.fairchildgarden.org

Florida Department of Agriculture
and Consumer Services
Mayo Building
407 South Calhoun Street
Tallahassee, Florida 32399-0800
www.florida-agriculture.com

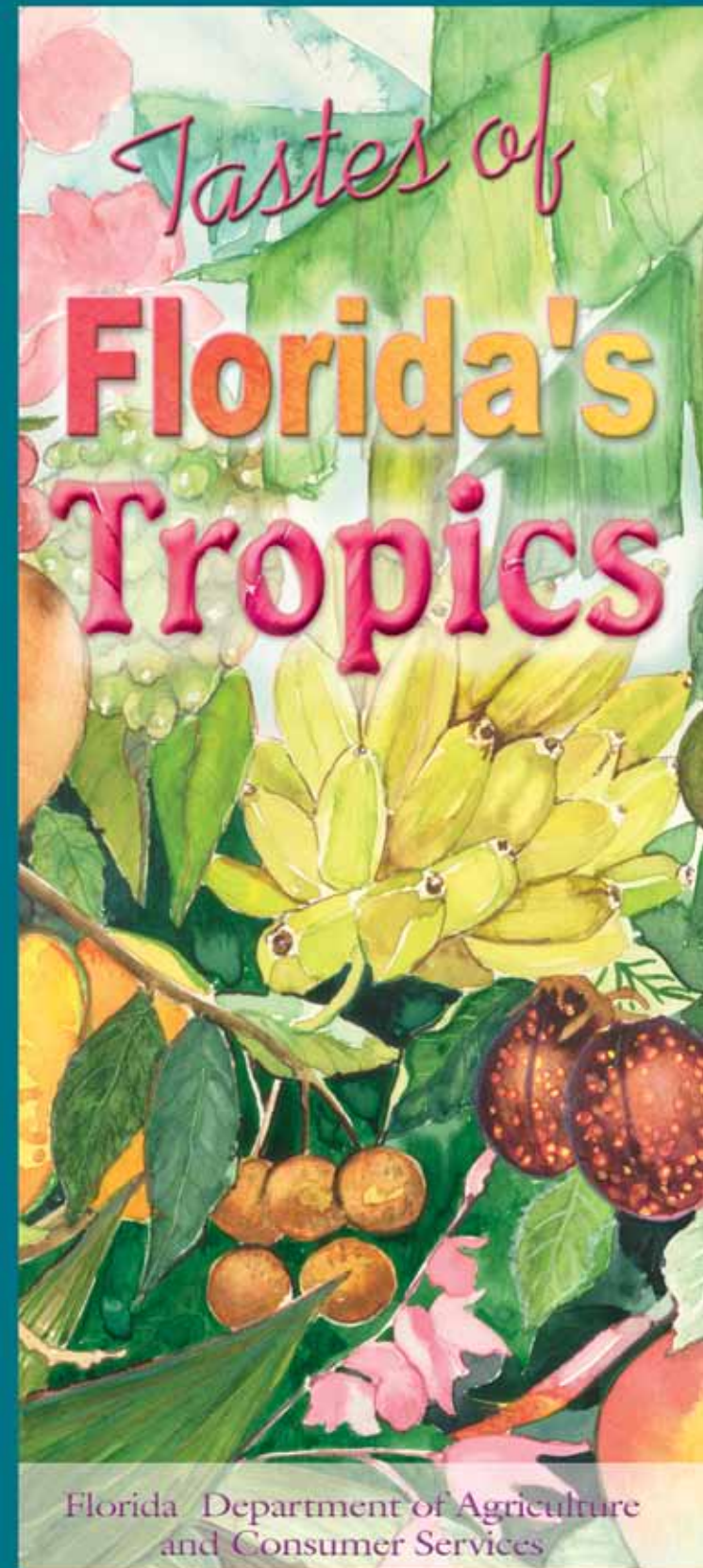
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18905 SW 280 Street
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(305) 246-7000
<http://trec.ifas.ufl.edu>

Institute of Food
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www.tropicalfruitgrowers.com

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