

## Staring The Star Fruit

By

### Planting

Have you ever had a star fruit? If you have then you know about it's delicious taste but do you know other amazing things about it? If not, keep reading because this article is about star fruit nutrition, how to plant it and other fun facts.



Star fruit can be planted outside it can also be planted in a pot in a greenhouse or sunroom because star fruit trees grow in warm regions. Though if you live somewhere warm feel free to grow it outside.

### Did You Know?

The seeds of star fruit are 6-13 mm in length.

You can eat the whole star fruit.

Star fruit trees don't need certain type of soil, so just go with what you have. If your planting it in a pot then I would recommend a 10 inch pot. The two types of star fruit trees that seem to grow best are the Marer Dwarf which has small to medium sized star fruit and the Dwarf Hawaiian which has larger sweeter star fruit.

### Amazing Nutrition

The star fruit is a very healthy fruit, it's high in vitamin C and helps stabilizes blood glucose levels. Some other health benefits of the star fruit are its anti-inflammatory and anti-bacterial effects. Also the leaves can help with liver cancer, the roots can be used as an antidote for poison, and the stem can help slow down brain tumor cell growth.

Tips for care:

- Use an organic fertilizer
- Keep it in a warm place
- Put in full sun

Now that you know more about star fruit you could go to the store and buy one or even better grow a star fruit tree and pick fruit from there. Whichever one you choose just enjoy some star fruit.