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**iHeart**  
FRUIT BOX

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FRUIT RIPENING  
GUIDE

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# ATEMOYA

The Atemoya fruit is succulent and smooth in texture with a similar combination of a sweet and tart taste of sugar-apple and piña colada. It is best eaten chilled. Be sure to remove the inedible black seeds from the flesh of the fruit. Atemoyas are high in Vitamin C, contain some protein, calcium, iron, diuretic fiber, niacin, potassium, and are a good source of dietary fiber. Atemoya helps lower cholesterol, lower blood sugar, prevent anemia, and due to its fiber content, it allows the body to absorb sugar slowly which helps prevent the start of type 2 diabetes.



Atemoya will arrive hard and unripe. It will not be easily broken when pressed by the fingers. Allow fruit to ripen at room temperature.

UNRIPE

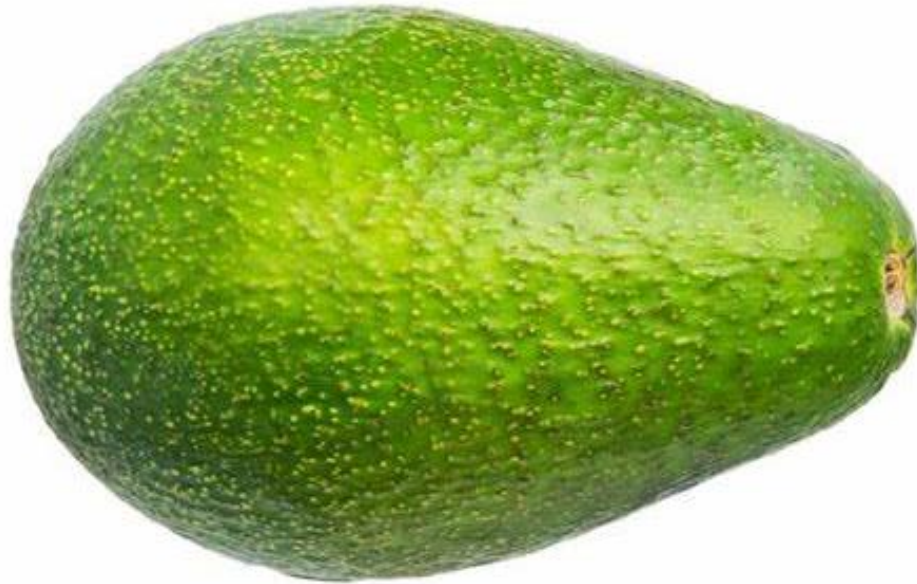


RIPE

Like Cherimoya, when ripe it will become **soft to the touch** and darkens in color. It may develop dark brown/black spots. When cut open will have a soft, white, thick creamy texture.

# AVOCADO

Avocado is a superfood that is good in flavor, rich in texture, and is the main ingredient in guacamole. The Avocado fruit has many health properties including 20 different vitamins and minerals. It is low in saturated fat and does not contain any cholesterol or sodium. It is considered a High-Fat fruit like Coconut or Durian and is Alkaline. is high in monounsaturated oleic acid and helps to protect against heart disease and lower blood pressure. Avocado also helps prevent cancer, relieves symptoms of arthritis, contains powerful antioxidants such as lutein and zeaxanthin that protect the eyes, and contributes to weight loss.



Avocados will arrive hard and unripe. Unripe avocados can take up to 4-7 days to ripen at room temperature.

UNRIPE



RIPE

When ripe, the skin may darken, but the best way to determine if it is ripe is how firm/hard it is. When ripe, it will become soft to the touch and when a very light press results in an indentation.

# BANANA (BABY BANANA VARIETY)

The Baby Banana is known as the mini banana and is a member of the world's largest herbaceous plant that bears edible fruits. They are easy to peel and have a unique sweet taste, which most people describe as extremely sweet in comparison to the ones that are sold at most supermarkets around the world. Baby Bananas are low in calories and fat and high in fiber, potassium, and certain vitamins such as vitamin B6, vitamins A, B1, B2, C, E, K, Niacin and Pantothenic, amino acid tryptophan, phosphorous, magnesium, selenium, copper, zinc, iron, and calcium. Not only do Baby Bananas serve as a delicious snack or treat but it also helps the body to produce mood-boosting serotonin.



Baby Banana will arrive green and unripe. And will have an appearance similar to the picture above. It is best to store unripe bananas at room temperature until ripe.

UNRIPE



RIPE

Once the skin becomes yellow with brown/black spots, the banana is at its optimal ripeness.

# BANANA (BURRO BANANA VARIETY)

The Burro bananas are commonly enjoyed unripe and fried, like plantain. Burro bananas are low in fat, high in potassium, and consist of beneficial vitamins such as vitamin B, vitamin C, fiber, phosphorus, magnesium, calcium, iron, zinc, copper, and selenium. They are easy to peel and have a unique sweet taste, which most people describe as being sweeter and more concentrated in flavor in comparison to the variety that is sold at most supermarkets around the world.



Burro Banana will arrive green and unripe. And will have an appearance similar to the picture above. It is best to store unripe bananas at room temperature until ripe.

UNRIPE

RIPE

Once the skin is yellow with brown/black spots, the banana is at its optimal ripeness.

# BANANA (NAMWAH BANANA VARIETY)

The Burro bananas are commonly enjoyed unripe and fried, like plantain. Burro bananas are low in fat, high in potassium, and consist of beneficial vitamins such as vitamin B, vitamin C, fiber, phosphorus, magnesium, calcium, iron, zinc, copper, and selenium. They are easy to peel and have a unique sweet taste, which most people describe as being sweeter and more concentrated in flavor in comparison to the variety that is sold at most supermarkets around the world.



Namwah (Nam Wah) Banana will arrive green and unripe. And will have an appearance similar to the picture above. It is best to store unripe bananas at room temperature until ripe.

UNRIPE



RIPE

Once the skin is yellow with brown/black spots, the banana is at its optimal ripeness. Namwah bananas may appear more golden orange than yellow when ripe.



# BLACK SAPOTE (CHOCOLATE PUDDING FRUIT)

Black Sapote, scientifically known as *Diospyros nigra* is a species of Persimmon and is not related to Mamey Sapote or White Sapote. Black Sapote is also known as Chocolate Pudding Fruit and the tropical tree is native to Mexico, the Caribbean, Central America and into Colombia. We harvest this fruit locally from Organic Farmers as it can be found in South Florida in abundance. Black Sapote is very high in Vitamin C which allows it to be an anti-bacterial and antioxidant, helping to boost energy and health levels. Along with those health benefits, the Black Sapote is also high in Vitamin A, helps strengthen the immune system and aids in improving digestion.



Black Sapote arrives hard and unripe. The fruit can take up to 2-6 days to ripe at room temperature. Once it is ripe, you can store it in the refrigerator and last for up to 3-5 days.

UNRIPE



RIPE

The fruit is ripe when VERY soft to the touch and the green skin has turned a bit dark brown. When cut open, there will be a rich dark chocolate pudding-like color. The skin can be eaten.

# BLOOD ORANGE

The blood orange is a variety of orange that has a crimson, almost blood-colored flesh. The distinctive dark flesh color is due to the presence of anthocyanins, a family of polyphenol pigments common to many flowers and fruit, but uncommon in citrus fruits. Expect a hint of raspberry sweetness in flavor.



Blood orange arrives ripe and ready to eat.

UNRIPE



RIPE

Blood oranges arrive ripe and ready to eat.

# CACAO PODS (CHOCOLATE FRUIT)

Cacao, also known as *Theobroma cacao* is where Chocolate comes from. While the cacao fruit contains a bean/seed with a white flesh, and tangy, semi-sweet, vanilla-like flavor, this fruit is typically sought for the seeds. Once the seeds are dried and cured, Cocoa powder can be obtained from the seeds. This can be used to make home-made chocolate.



Cacao arrives ready to eat. For extended shelf life, store in the refrigerator.

UNRIPE



RIPE

Cacao has a very thick, hard pod like shell. Even if the fruit becomes dark/black and over-ripe or develops a little mold on the sides, the beans will still make excellent chocolate.

# CACTUS FRUIT (CACTUS PEAR / PRICKLY PEAR)

The Cactus fruit otherwise known as prickly pear, cactus pear, prickly pear fruit, nopal fruit, tuna fruit, sabra, Barbary pear, and Indian fig, is one of the few that are both fruit and vegetable. It is not from the pear family, but the fruit resembles the size and appearance of a pear. The outer skin is prickly and may seem daunting but once you get past that, the flesh is sweet and is similar to the flavor of a melon. According to the variety, the skin and flesh may vary in color ranging from white, green, purple, yellow, red, or orange.



The Cactus Fruit is shipped ripe and ready to eat.

RIPE

RIPE

The fruit may be refrigerated to extend life by up to 2 weeks. To peel Cactus fruit, simply use a knife to cut both ends, slice the skin vertically, use a bit of pressure to lift the skin from the flesh, then peel away the skin from the flesh.

# CHERIMOYA

Cherimoya provides important vitamins, minerals, and iron that are part of a well-balanced diet, and it has antioxidants that help reduce the risk of and prevent cancer. Other health benefits include helping maintain healthy blood pressure, maintaining eye health, supporting healthy digestion, reducing chronic inflammation, and reducing the risk of heart disease, arthritis, bowel diseases, and diabetes.



Cherimoya is delivered slightly hard and unripe. Store unripe Cherimoya at room temperature and away from sunlight until ripe. Once it is ripe, you can store it in the refrigerator, and it should last for up to 3-4 days.

UNRIPE



RIPE

Once ripe, Cherimoya will be soft to the touch and a light press leaves an indentation/imprint on the fruit. Fingers will penetrate the skin easily. The most common way to consume it is to break it open and eat the white fleshy part. The skin & seeds are inedible.

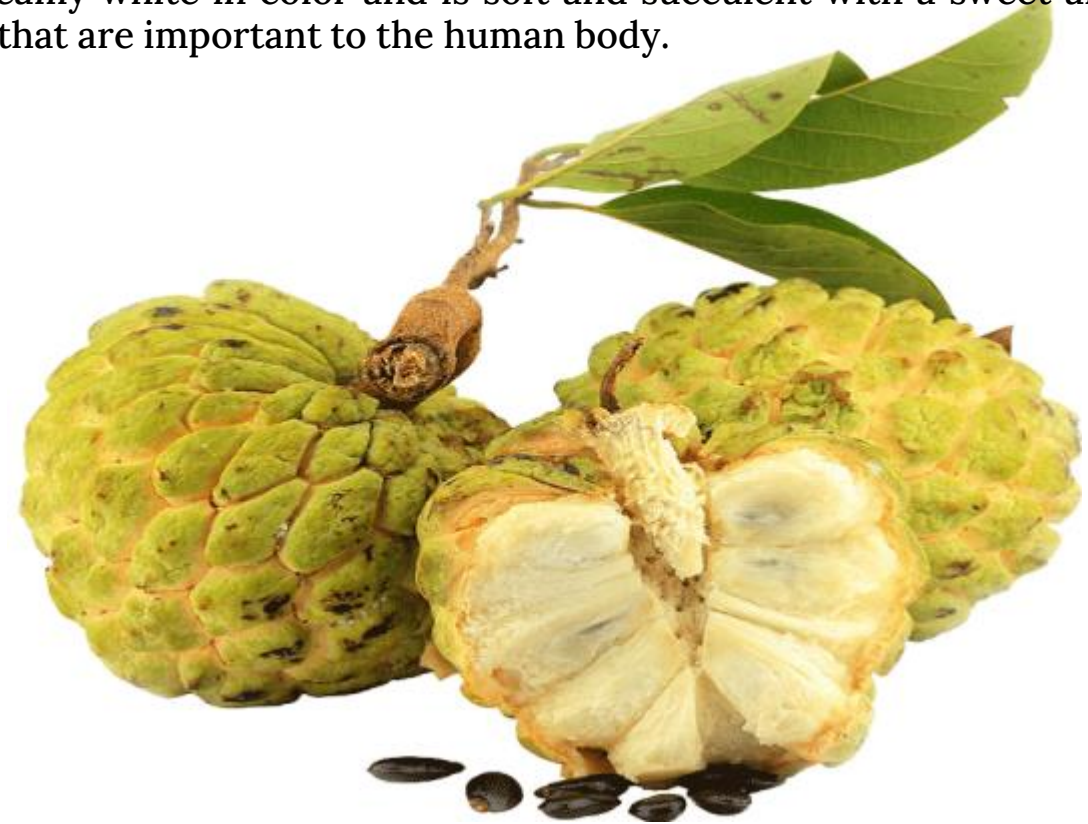
# CUSTARD APPLE (SUGAR APPLE/SWEET SOP)

The custard apple is related to the soursop fruit but is without spikes and smaller in size. The outer skin is thick with knobby segments that separate once ripened. The inner flesh of the fruit is light yellow to creamy white in color and is soft and succulent with a sweet aromatic flavor. The custard apple is packed with essential minerals and vitamins that are important to the human body.



Custard Apple is delivered slightly hard and unripe. Store unripe Custard Apple at room temperature and away from sunlight until ripe. Once it is ripe, you can store it in the refrigerator, and it should last for up to 3-4 days.

UNRIPE



RIPE

Once ripe, Custard Apple will be soft to the touch and easy to break open with your hands. The separations will open up and the fruit may even begin to open on its own. The most common way to consume it is to break it open and eat the white fleshy part. The skin & seeds are inedible.

# DRAGONFRUIT (PITHAYA) (YELLOW/RED/PINK/WHITE)

Dragon Fruit is a cactus fruit and is considered to be highly nutrient-dense due to its fiber and magnesium level. It is an ideal source of iron and consists of a few other nutrients such as carbs, calories, fat, protein, and vitamin C. The Dragonfruit comes in a number of varieties and colors, both on the inside and outside. All of them have a similar crunch, but the flavors differ across varieties.



Dragon Fruit arrives ripe and ready to eat. It is not harvested until fully mature.

RIPE

RIPE

For extended shelf life, we recommend putting it in a plastic bag in the fridge where it can last up to 5 days or in the freezer for up to 3 months. The easiest way to eat this fruit is to slice it in half and enjoy it with a spoon. The seeds are edible, crunchy, and satisfying. Skin is not edible.

# CANISTEL (EGG FRUIT)

Egg fruit is a very interesting fruit with an appearance and texture similar to that of a hard-boiled egg yolk. This fruit is an excellent source of calcium and phosphorus which is responsible for strengthening teeth and bones and a good source of iron which aids in producing hemoglobin which transports oxygen around the body through the bloodstream. It also consists of vitamins that help amplify the immune system and protect against vision loss.



Egg fruit is shipped hard and unripe. It ripens best at room temperature.

UNRIPE



RIPE

When ripe, the fruit will be soft to the touch and easily broken with your hands. The texture will be that of boiled egg yolk with a flavor similar to that of the cake.



# GAMBOGE (LEMON MANGOSTEEN)

Gamboge is a tropical fruit native to Southeast Asia. It is a member of the Clusiaceae family and is closely related to the mangosteen. The fruit is typically round or oval in shape and has a thin, yellow rind when ripe. To eat gamboge, cut the fruit in half and remove the brown, inedible seeds. The edible flesh is a yellow color and has a very, tangy flavor. Some people compare the flavor to warheads candy. It can be eaten as is or used to make jams, jellies, and preserves. The fruit is also used to make a popular drink in some Southeast Asian countries. Due to its high Vitamin C, flavonoids and other micronutrients, Gamboge is also considered to have some health benefits, such as reducing the risk of heart disease, cancer and other health issues.



Gamboge is generally shipped ripe and ready to eat. If the fruit arrives slightly green in color, it may look similar to the picture above.

UNRIPE

RIPE

To ripen, place the fruit in a warm, dry place for several days until the rind turns orange-yellow and slightly soft to the touch. Once ripe, the fruit should be consumed within a few days as it does not store well. A ripe Gamboge looks similar to the picture above.

# HIDDEN ROSE APPLE

The hidden rose apple was accidentally discovered when a farmer took a bite in an apple on his orchard and found that the flesh was pink/red, the farm was then sold and 20 years later apple was rediscovered by Louis Kimzey. The first full Hidden Rose Apple orchard was planted in 1992. The skin is a pale, yellow color with blushes of pink throughout, the flavor is sweet with a bit of tartness also, very delicious. The apple is crisp and juicy with flavors similar to strawberry lemonade. This apple is Non-GMO.



Lucy Glow Apple is shipped ripe and ready to eat.

RIPE

RIPE

This apple is consumed like any other apple. Simply bite into it or cut it into wedges and enjoy the pink sweetness inside.

# INDIAN JUJUBE (COOLIE PLUM)

Indian Jujubes, are also known as Coolie Plums, Chinese dates or red dates. These plump and succulent fruits are packed with vitamins and minerals, making them a healthy addition to any diet. These include Vitamin C, Vitamin A, Vitamin B, thiamin, riboflavin, niacin and folate. They also include the minerals potassium, calcium, iron, zinc and selenium. It's also low in calories and high in dietary fiber which makes it helpful for maintaining a healthy digestive system, weight management and preventing constipation.



Indian Jujube is shipped hard and slightly unripe; however, the fruit is still edible at this stage). It ripens best at room temperature.

UNRIPE (STILL EDIBLE)

RIPE

The fruit will change from green to yellow to red as it ripens. While the fruit is edible during all 3 of these stages, the texture and flavor evolves. When green, the texture and flavor is like an apple, but as it becomes redder, it will have a slightly softer texture with less of a crisp and will have a flavor that some people compare to cottage cheese. To determine if a jujube is ripe, check for a slightly wrinkled skin and a slightly soft texture.

# KEY LIME

This tiny citrus fruit is abundant in benefits. It is considered a common ingredient in recipes, processed food, cosmetics, and serves for health purposes. It is significantly high in vitamin C, collagen protein, soluble fiber, and antioxidant compounds such as flavonoids (limonin glucoside), which have anti-carcinogenic, antibiotic, and detoxifying properties. Other antioxidants include ascorbic acid, limonoids, quercetin, and kaempferol which protect the body's cells from free radicals.



Key limes are shipped ripe and ready to consume. They are typically picked slightly green for longer shelf life.

UNRIPE



RIPE

Key Limes may begin to turn yellow as ripening progresses. Limes tend to be slightly juicier and sweeter at this stage.

# LONGAN

Dimocarpus Longan, simply known as Longan is the edible tree fruit related to the Soapberry family of fruits such as Lychee, Rambutan, Guarana & Quenepa. Longan is suspected to originate from Myanmar and areas of South China with historically documented culinary and medicinal uses. The inedible outer shell is thin, leathery and almost crispy once ripe and ready to eat. When the skin is broken, a juicy, translucent, sweet tasting flesh is exposed that surrounds an inedible black seed.



Longan arrives ripe and ready to consume. Crack the light brown shell and consume the translucent flesh around the dark inedible seed.

RIPE

RIPE

For extended shelf life, you can store the fruit in the refrigerator for up to 2 weeks in a slightly open container to lower the chance of mold and condensation. The skin may harden; however, the flavor of the flesh will not be affected.

# LYCHEE

Lychee, scientifically known as *Litchi chinensis* is native to the lowlands of southern China. All of our Lychee is sourced locally from South Florida. This fruit is highly sought after for the pleasurable way of cracking open the fruit and consuming its flesh. Lychee has a one-of-a-kind, sweet and fragrant taste that drips a sugary juice upon cracking its rough shell. There are multiple varieties grown here in South Florida with their own characteristics, however they all boast the same unique flavor that makes Lychee well known.



Lychee is picked off the tree ripe and will arrive in its optimal state ready to consume upon arrival. Just like logan, you will crack the outer shell and consume the fleshy part around the inedible seed.

RIPE

RIPE

For extended shelf life, you can store the fruit in the refrigerator for up to 2 weeks in a slightly open container to lower the chance of mold and condensation. The skin may harden; however, the flavor of the flesh will not be affected.

# MAMEY SAPOTE

Mamey Sapote, also known as *Pouteria sapota* is native to the Caribbean & South America. Mamey is a unique fruit with a flavor profile reminiscent of Pumpkin Pie with hints of Sweet Potato and Papaya. It has a texture very similar to pumpkin pie as well. This fruit is available for harvest year round, and we provide a few different varieties depending on the season, including: Pace, Magana and Key West. Mamey Sapote has many nutritional benefits! It includes high levels of vitamins B, C and E, as well as manganese, potassium and dietary fiber. The high concentration of potassium can be helpful if the pressure of your blood tends to run high.



UNRIPE

Your Mamey will arrive unripe and hard. To speed up the ripening process, store fruits exposed to air at room temperature until the fruit softens. If it is hard, or if you attempt to cut it with a knife and it does not easily glide through, the Mamey is not ready.



RIPE

As it ripens, the fruit will become soft to the touch. When you are ready to eat, cut lengthwise and remove the large brown/black inedible seed and enjoy. The skin is not consumed. Once ripe, Mamey can be stored in the refrigerator and remain edible for approximately 1 week. The fruit and seed will be very glossy.

# MANGO

Mango, scientifically known as *Mangifera indica* is native to the Indian subcontinent where it is indigenous. Mangoes are typically sweet, although the taste and texture of the flesh varies; some have a soft, pulpy texture similar to a ripe plum, while others are firmer, like a dense melon and some may have a fibrous texture.



Mango is picked slightly under-ripe and will ripen during transit. Some people enjoy mango underripe, while others allow the fruit to ripen fully to enjoy the full sweetness. To hasten the ripening process, it is recommended to place the mango in a paper bag and store it away at room temperature. The fruit may ripen within 2-5 days.

UNRIPE



RIPE

Mango will be ready to eat once it is fragrant, has softened to the touch, and changed color. Depending on the variety of mango, some will change color more than others. Once ripe, it can be stored in the refrigerator and last for about 5-7 days. It can also be stored away in an airtight container in the freezer and last for about 6-12 months.



# MANGOSTEEN

Mangosteen is a tropical fruit native to Southeast Asia. It is a member of the Clusiaceae family and is closely related to the gamboge. The fruit is typically round or oval in shape and has a thick, dark purple rind. Mangosteen is known as the "queen of fruits" in Southeast Asia due to its sweet, tangy flavor and delicate, juicy flesh. It is also high in antioxidants and has been used in traditional medicine to treat a variety of ailments. To eat a mangosteen, gently twist the fruit or cut around the perimeter to separate the rind from the flesh. Inside, you will find white, segmented flesh that surrounds the inedible seeds. Simply pop the segments into your mouth, and enjoy the sweet and tangy taste. If you prefer, you can also scoop out the flesh with a spoon and discard the skin and seeds as they are not edible.



Mangosteens are usually harvested slightly before they are fully ripe, so that they can withstand the rigors of shipping and still be ripe when they reach to you. Based on transit time, the Mangosteen should arrive to you ripe.

RIPE

RIPE

It's worth noting that mangosteen is a delicate fruit, and it's best to consume it as soon as possible after purchasing, as it does not store well, however, if it must be stored, keep refrigerated and consume as soon as possible. **YOU WILL KNOW WHEN MANGOSTEEN IS READY BECAUSE IT WILL BE EASY TO INDENT WHEN PRESSED WITH YOUR FINGER**

# MONSTERA DELICIOSA

This tropical fruit is considered a delicacy, but if it is consumed when the fruit is not ripe, the fruit contains calcium oxalate crystals which can irritate your mouth and throat and create a burning sensation. **It is only safe to eat when the fruit is ripe because the calcium oxalate dissipates. Avoid eating unripe green fruits at all costs!** This tropical fruit is considered a delicacy, but if it is consumed when the fruit is not ripe, the fruit contains calcium oxalate crystals which can irritate your mouth and throat and create a burning sensation.



Monstera Deliciosa (Monstera Fruit) is shipped slightly unripe. The hexagonal “scales” of the monstera will be fully attached to the fruit like the picture above.

UNRIPE



RIPE

Place the monstera in a dark area (or underneath a paper bag) in an upright position (like the picture above) and allow to ripen for 2-7 days. Once the fruit starts to ripen, the SCALES WILL FALL OFF BY THEMSELVES! DO NOT TRY TO FORCE ANY PART OF THE SKIN OFF THE FRUIT. ONLY CONSUME THE PARTS OF THE FLESH THAT HAVE BEEN EXPOSED. MONSTERA SOMETIMES TAKES UP TO A WEEK AFTER THE FIRST SCALES FALL OFF TO FULLY RIPEN

# PAPAYA

Papaya contains antioxidants, including carotenoids which can neutralize free radicals in the body. Papain enzyme in papaya may help to ease digestion and aid in constipation. Papaya seeds are known to have anti-parasitic properties, however Pregnant Women Should Seek Medical Advice Before Consuming Too Much Papaya Particularly The Seeds...



UNRIPE

Papaya is shipped hard and unripe and may begin to ripen during transit time. When unripe the skin is greener.



RIPE

Once ripe the Papaya skin will turn from yellow-green to yellow-orange in color. To speed up the ripening process of Papaya, place the fruit in a paper bag and store it away at room temperature. The fruit will become fully ripe in 2-3 days. Once the fruit is ripe, it can last up to 4-6 days on the counter or can be refrigerated for about 4-6 days, and if it was partly consumed, it can last up to 3-4 hours on the counter or be refrigerated for 2-3 days.

# PASSION FRUIT

Passion fruit comes in gold or purple varieties, but the flavor is almost identical between both varieties. This exotic fruit has a sweet, yet slightly tart flavor that goes well with other fruits such as mango, pineapple, papaya, guava, peach, orange, or nectarine. You can remove the seeds, strain, and juice the pulp mixing with water and sugar to make a drink, or add the juice to other fruit juices, yogurt fruit bowls. It can be used for preserved jam or jellies, or boil into a syrup to make sauces, or add to desserts. Passion fruit is a rich source of antioxidants that has many health benefits.



Passion fruit is shipped hard and unripe. A good indicator of ripeness is how smooth the fruit is. If the fruit has no wrinkling on the skin, there is a good chance that it has not yet reached peak ripeness.

UNRIPE



RIPE

It is ripe when the outer shell becomes wrinkled and softer to the touch.

# PEPINO MELON

Pepino is also known as Pepino dulce which means sweet melon, tree melon, bush melon, Pepino melon, melon pear, and mellow fruit. However, the name that stands out more around the world is “magic fruit”. This small fruit consists of various nutritional components and offers many health benefits. The fruit is rich in vitamin C that has a vital role to play in the body. It helps the body fight against infectious agents and harmful free radicals. Hence, promoting a healthy immune system.



Pepino is shipped hard and unripe. This refreshing fruit goes from green to yellow as it ripens and develops bold purple stripes. Vibrance of color is the best way to determine the ripeness of this fruit. Also, like most fruit, it will feel softer to the touch once ripe.

UNRIPE



RIPE

Store Pepino uncovered and out of sunlight at room temperature. Once the fruit is ripe, it can be refrigerated and last up to 3 days. Like cucumber, (although it is classified as a melon) the skin and seeds are edible, however, you may remove them both if it is your preference.

# PINK GUAVA

Guava fruit has an impressive amount of dietary nutrients, antioxidants, enzymes, and other compounds that support the body and provides many health benefits. It is rich in Vitamin C, contains potassium and pectin, dietary fiber, essential vitamins such as Vitamin A, Vitamins B1(thiamin), B2 (riboflavin) and B3 (niacin), and Vitamin E, minerals including calcium, iron, magnesium, selenium, copper, manganese, phosphorus, zinc, and immunity supporting plant sterols.



Guava is shipped unripe and will arrive green and hard.

UNRIPE



RIPE

When ripe, the skin will change in color to yellow and the fruit will become very fragrant. At this time, it will also be soft enough to break open with your hands. The seeds are hard to chew, but both the skin and seeds are edible. Place fruit in a paper bag and store it at room temperature. The fruit may ripen in 2-6 days. Once ripe. Guavas can be stored in the refrigerator and last up to two weeks

# RAMBUTAN

Rambutan is in the same family as Lychee & Longan and is a very interesting looking fruit with soft fuzzy hairs/spines that are dark red to light green. The white flesh is firm, sweet and juicy. The pulp surrounds a large seed that is inedible. Rambutan is a rich source of fiber, vitamin C and copper which plays a key role in proper growth and maintenance for many cells in the body, including those in the heart, brain and bones.



Rambutan is ready to eat ripe upon arrival. For extended shelf life, store in the refrigerator. Break the hairy skin and eat the inner white flesh that surrounds the seed. Due to oxidation, the outer shell will be darker in color, but this does not affect the fruit inside. This fruit can last up to 2 weeks stored in the refrigerator.

RIPE

OVERRIPE

This fruit may look rotten due to darkening from oxidation, but unless the internal flesh looks dehydrated and wrinkly, chances remain high that this fruit will be sweet and flavorful.

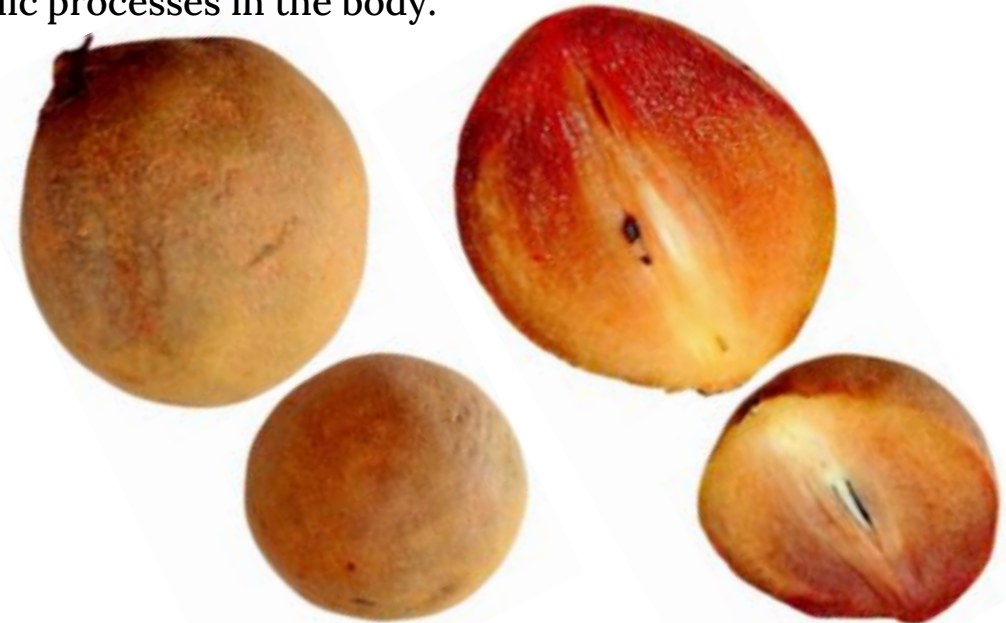
# SAPODILLA (NISPERO/NASEBERRY)

Sapodilla, also known as Manilkara zapota, Nispero or Naseberry is believed to have originated in Yucatan and other parts of Southern Mexico and is commonly called the Sugar Apple or Sugar Fruit. Sapodilla skin is brown with a smooth, sandy texture. The juicy flesh of the fruit is very sweet, and many compare it to brown sugar, with hints of granulated sugar crystals. Within the flesh there are a few black seeds that are inedible. Fresh ripe sapodilla is a good source of minerals like potassium, copper, iron and vitamins like folate, niacin and pantothenic acid. These are essential for human health as they are involved in various metabolic processes in the body.



Sapodilla fruit arrives hard & unripe. store at room temperature and allow it to ripe over a few days.

UNRIPE



RIPE

The fruit will ripen and become soft enough to break with your hands. Inside will be soft with a very sweet, rich, brown sugar flavor. Slight wrinkling and being delicate to the touch are both good indicators of ripeness. Once ripe, store in the refrigerator to extend fruit life for an additional 3-5 days. A deeper brown/red color inside is a good indicator of sweetness.



# ROLLINIA

Rollinia, also called the Lemon Meringue Pie fruit is a very tasty tropical fruit that is in the same family as Guanabana (Soursop) Custard Apple, Sweet Sop, etc. The fruit is especially rich in protein and can be considered to have more protein content than any other fruit. Other nutritional content includes calories, carbohydrates, protein, fat, fiber, Vitamin B1 and B2, Vitamin C, phosphorus, iron, niacin, and thiamine. Daily intake of Rollinia helps stimulate the nervous central system and is considered an antiscorbutic which means it is effective against scurvy. The fruit extract can be used as a traditional medicine in the form of a restorative tonic to treat and reduce fever.



Rollinia is shipped unripe and may ripen during transit time.

UNRIPE



RIPE

The skin will begin to turn yellow, develop dark spots, and become very soft to the touch, and very easy to break open with the hands. Once ready, it may be sliced in half and the translucent, juicy, gelatinous flesh may be scooped out with a spoon. These seeds are not to be consumed.

# SOURSOP (GUANABANA)

Despite Soursop's popularity, it isn't very easy to find fresh, high quality, organically grown Soursop (Guanabana) in the U.S. especially if you live in colder regions. The fragrance and flavor of a soursop is tropical and floral. Despite its name it tends to be more sweet than sour. Its flavor is very hard to pinpoint, but many compare the flavor to a combination of pineapple, banana and papaya. The texture is fibrous, pulpy and juicy.



Soursop is shipped just prior to peak ripeness. It may take 1-3 additional days to fully ripen. This fruit is hard when unripe and will become soft and easy to break open with the hands when ripe. If you must fight to open it is not ready. This fruit should open easily, and the flesh will almost melt away in the mouth.

UNRIPE



RIPE

The Soursop fruit is ripe when it is soft to the touch and an imprint is left when pressure is applied to it. The color of the skin may darken slightly. The most common way to eat soursop is to break it open and consume the white flesh, not eating the seeds inside.

# STAR APPLE (CAIMITO)

Star Apple (*Chrysophyllum caimito*), also known as Caimito or Milk Fruit and is a highly sought-after delicacy originating in the West Indies and Central America. The firm skinned, Apple shaped fruit ranges from white, green to purple and gets its name from the Star shaped core when cut horizontally. The texture of the flesh surrounding the inedible seeds is soft and milky.



Star Apple is picked ripe, is ready to eat upon arrival. It is highly unlikely that you will receive one that is not ready to be consumed.

UNRIPE



RIPE

Star Apple is picked ripe, is ready to eat upon arrival. Cut it open and scoop out the milky inside with a spoon when ready to consume. The purple/green skin is not consumed. If you do not plan to consume it immediately, it is recommended that it is put in the refrigerator. The seeds are not edible.

# STAR FRUIT

Star Fruit scientifically known as *Averrhoa Carambola* is native to Southeast Asia. Our Star Fruit is sourced locally from farms in South Florida. The skin of this fruit is thin, smooth and slightly waxy. The Fruit changes from green, to yellow, to orange once ripe. The flesh has a high water content with a crunchy texture. The flavor is slightly acidic with hints of sweetness.



Star Fruit is picked and shipped when it is green. During transit, it may begin to ripen.

UNRIPE



RIPE

To speed up the ripening process, store the fruit at room temperature and away from sunlight. It will ripen in 2-3 days. Once ripe, it can be stored in a resealable bag in the refrigerator and last up to a week. The fruit is ripe when the fruit turns yellow and softens. This fruit can be enjoyed at any ripeness level, when it is green it is like a tart apple or when it's yellow it's much sweeter and juicy.

# SUGAR APPLE (SWEET SOP)

Sugar apple is also commonly known as Sweetsop and is considered a delicacy, especially on the Island of Jamaica. The fruit is high in calories and sugar and is the perfect sweet dessert or a nutritious snack. Sugar apple provides many health benefits. The pulp can be made into a balm and treat boils and ulcers, while the extract of the skin can treat tooth decay and gum pain.



Sugar apple is shipped hard and under-ripe.

UNRIPE



RIPE

This fruit may only be consumed once it has become soft. Sometimes it will open on its own exposing its sugary flesh. Only the interior flesh surrounding the seeds is edible. Do not eat the skin or seeds.

# SUGAR CANE

Sugar cane is a tall, perennial grass that is grown for its sweet-tasting juice, which is then processed to produce sugar. It is native to tropical and subtropical regions of South Asia and Southeast Asia. To consume sugar cane, the stalks are first cut down and then stripped of their leaves. The juice is then extracted by crushing the stalks in a mill or by using a press. The juice can be consumed fresh or used to make sugar, molasses, or other sweeteners. The most common way to consume sugar cane is to chew on the raw stalk, this way you can enjoy the natural sweetness of the juice.



Sugar Cane is shipped ripe and ready to eat.

RIPE



RIPE

If you are consuming by chewing, remove the outer skin with a knife and cut into small bite sized segments. Chew and swallow the liquid but do not eat the fibers. If using a press to extract the sugar juice, the skin does not need to be removed.

# SPROUTED COCONUT

Sprouted coconut is a coconut that has started to germinate, or sprout. It is considered to be more nutritious than non-sprouted coconut as it contains more enzymes and probiotics, which makes it easier to digest. The sprouted coconut can be eaten raw or used in cooking, its flesh can be grated and used in smoothies, desserts, or as a topping for salads. Additionally, coconut oil can be extracted from the flesh by heating it and straining it through a fine mesh sieve. It is also rich in vitamins, minerals, and antioxidants, which are beneficial for maintaining overall health. Some people believe that consuming sprouted coconut can help to boost the immune system and reduce the risk of certain diseases.



Sprouted Coconut is shipped ripe and ready to eat. The husk is removed prior to shipping to make it easier for you to get to the germinating sprout.

RIPE



RIPE

To consume sprouted coconut, crack open the coconut with a cleaver or heavy chef's knife and remove the inner white flesh. The sprouted coconut can be eaten raw or used in cooking. The flesh can be grated and used in smoothies, desserts, or as a topping for salads. It can also be blended with water to make coconut milk or coconut cream. Additionally, coconut oil can be extracted from the flesh by heating it and straining it through a fine mesh sieve.

# TREE TOMATO (TOMARILLO)

Tamarillos are one of the low-calorie fruits and to a slight extent, contain more calories, fat, and protein than tomatoes. The fruit has an adequate amount of various plant nutrients such as fiber, minerals, vitamins, and is rich in antioxidants. It can be quite tart when raw; a sprinkle of coconut or date sugar can help add some sweetness to the fruit.



Tree tomato AKA tamarillo is shipped slightly under-ripe.

UNRIPE



RIPE

When you receive your package, it is usually ripe and ready. Some individuals may prefer the fruit slightly riper, in that case, allow it to soften on a counter for a few days.