



PASSION OF
& THAI FRUITS &



Passion of Thai Fruits

Before using this book kindly take notes of the abbreviations and meanings used in this book :

Nutritive value is based on 100 g edible portion

kcal	=	kilocalories
g	=	gram
mg	=	milligram
μ g	=	microgram
RH	=	relative humidity
B1	=	thiamine
B2	=	riboflavin

Fruit availability table : color symbol in the table

white	=	none
light green	=	available
dark green	=	peak period

INTRODUCTION

Thailand is the home of numerous varieties of tasty and nutritious tropical fruits. Many of them are available year-round such as papaya, banana and pineapple, while some make their much-anticipated appearance for only a few to several months such as durian, rambutan, mangosteen, and longan.

Many Thai fruits are incredibly sweet and juicy, while some may, at first, seem so strange and exotic. But the one thing all Thai fruits have in common is that they are delicious.

Thai fruits are served in a wide variety of ways. Fresh fruit which is popular among Thais as an anytime snack is eaten as dessert at most meals. It may be served as freshly sliced, in salads, or cooked in many different dishes. It could also be produced into nourishing drinks for a hot day, turned into icy sherbets, and served in Western styles to create excitingly different dishes like mango tart and coconut custard.

Presently, one could find the full array of Thai fruits at almost any public market. Just try one...and then you will get the real taste of Thai fruits.

**National Bureau of Agricultural Commodity and Food Standards
September 2013**

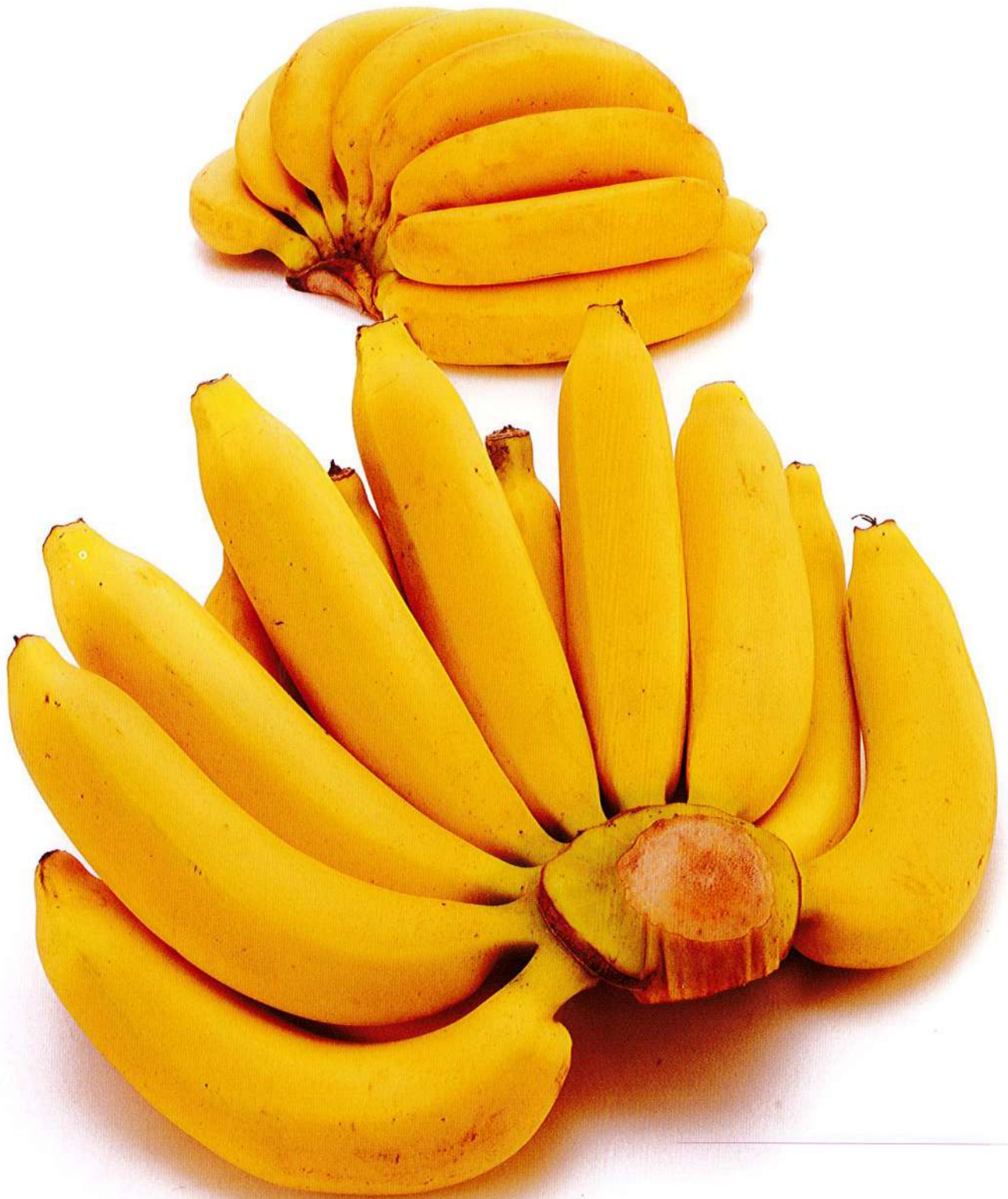


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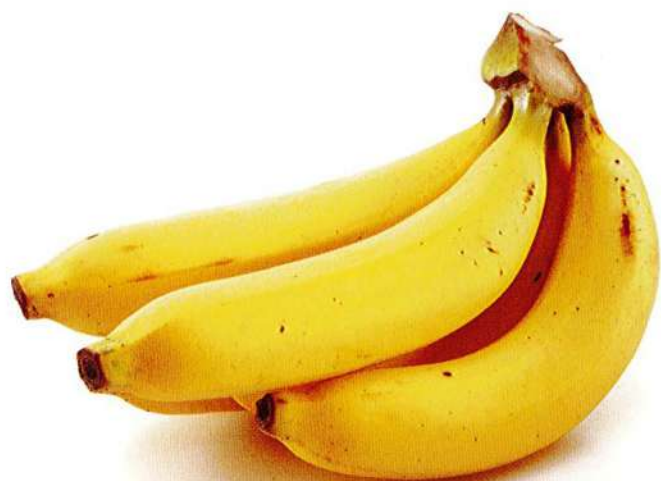
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BANANA

FRUIT OF THE WISE MEN



Name

Common name : **banana**.

Thai name : **kluai-hom**.

Scientific name : ***Musa (AAAgroup)***.

Color : bright yellow skin, yellowish white flesh.

Taste : sweet with appetizing aroma.

Shape : long, moderately thick skin,
approximately 150 g/fruit.

Availability : year-round.

Jan ●	Feb ●	Mar ●	Apr ●	May ●	Jun ●
Jul ●	Aug ●	Sep ●	Oct ●	Nov ●	Dec ●

Preparation and eating

- Remove one banana by hand or knife from the hand.
- Peel the skin.
- Eat the flesh as it is or have it served on a plate.

Uses : eaten fresh, mixed in fruit salad, used as part of desserts such as pies, cakes, ice cream, drinks, or processed into chips, dried banana, deep fry and many more.

Storage : Mature green banana : 2-3 weeks at temperatures between 13-15 °C and a relative humidity (RH) in between 90-95%.
At lower temperatures, the skin often turns black rapidly.

Ripe banana: may be stored up to 5 days
in the above mentioned environment.

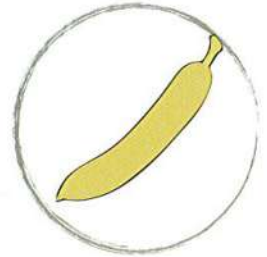


Nutrition facts

Proximate nutritive value per 100 g edible portion

Energy	132 kcal	Phosphorus	46 mg
Protein	0.9 g	Iron	0.8 mg
Fat	0.2 g	Vitamins	
Carbohydrate	31.7 g	A	17 µg
Fiber	1.9 g	B1	0.04 mg
Minerals		B2	0.07 mg
Calcium	26 mg	Niacin	0.1 mg
		C	27 mg

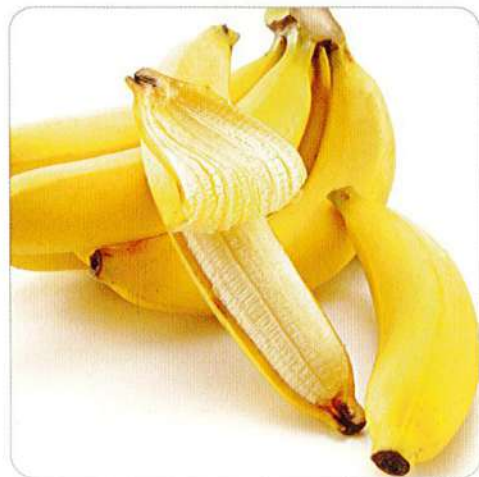
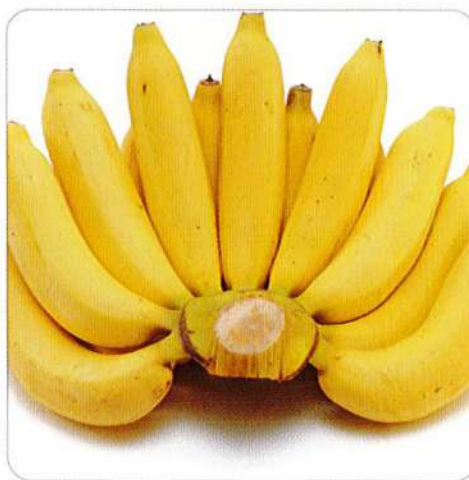
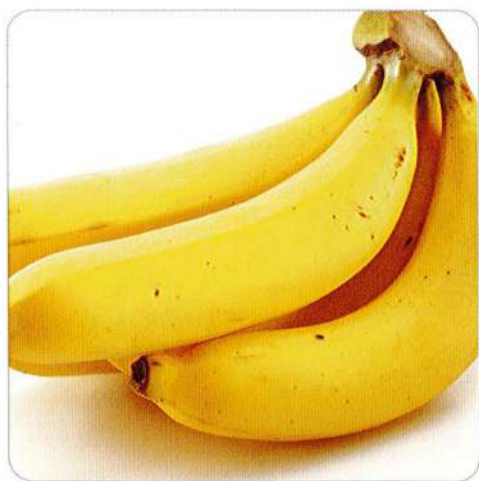
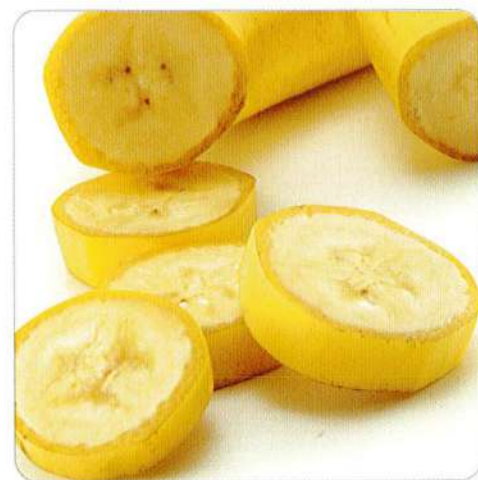
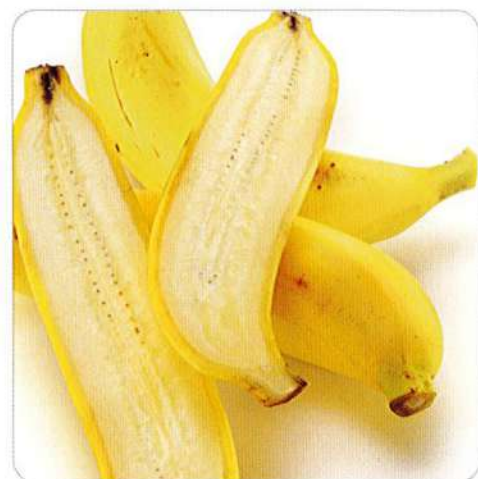
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Ministry of Public Health. September 2001





BANANA

FRUIT OF THE WISE MEN





KLUAI-KHAI

FRUIT OF THE WISE MEN



Name

Common name : **Sucrier or Lady's finger or golden banana.**

Thai name : **kluai-khai.**

Scientific name : ***Musa (AAgroup).***

Color : bright yellow skin, light yellow flesh.

Taste : sweet and aromatic.

Shape : long, thin skin, approximately 50 g/fruit.

Availability : year-round, peak period : Aug.-Nov.

Jan	Feb	Mar	Apr	May	Jun
●	●	●	●	●	●
Jul	Aug	Sep	Oct	Nov	Dec
●	●	●	●	●	●

Preparation and eating

- Remove one banana by hand or knife from the hand.
- Peel the skin.
- Eat the flesh as it is or have it served on a plate.

Uses : eaten fresh, mixed in fruit salad, used as part of desserts such as pies, cakes, ice cream, drinks, or processed into chips, dried banana, deep fry and many more.

Storage : Mature green banana : 2-3 weeks at temperatures between 13-15°C, and a relative humidity (RH) in between 90-95%. At lower temperatures, the skin often turns black rapidly.

Ripe banana: may be stored up to 5 days in the above mentioned environment.

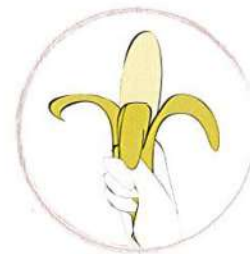
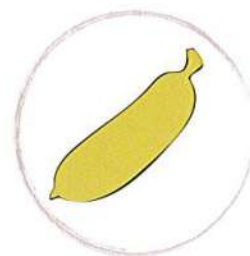


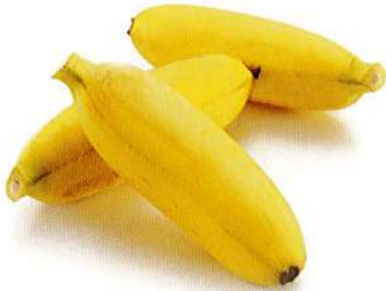
Nutrition facts

Proximate nutritive value per 100 g edible portion

Energy	147 kcal	Phosphorus	23 mg
Protein	1.5 g	Iron	1.0 mg
Fat	0.2 g	Vitamins	
Carbohydrate	34.8 g	A	82 µg
Fiber	1.9 g	B1	0.03 mg
Minerals		B2	0.05 mg
Calcium	4 mg	Niacin	1.4 mg
		C	2 mg

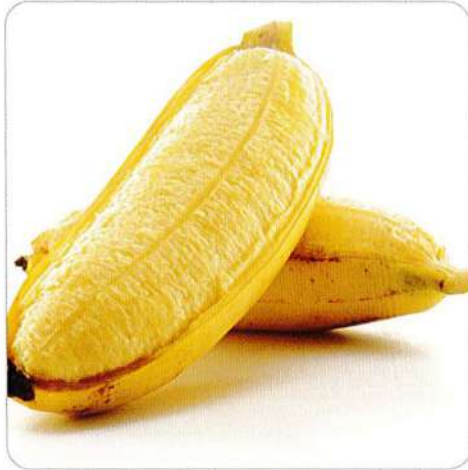
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Ministry of Public Health. September 2001





KLUAI-KHAI

FRUIT OF THE WISE MEN





CANTALOUPE

FRESH & SWEET



Name

Common name : **cantaloupe.**

Thai name : **can-ta-loup.**

Scientific name : ***Cucumis melo L.***

Color : orange to light green flesh.

Taste : sweet.

Shape : round to oval.

Availability : year-round, peak period : Aug.-Nov.

Jan	Feb	Mar	Apr	May	Jun
●	●	●	●	●	●
Jul	Aug	Sep	Oct	Nov	Dec
●	●	●	●	●	●

Preparation and eating

- Use a large sharp knife to cut the melon lengthwise from its stalk or stem end into 8 to 12 pieces depending on fruit and serving size.
- Remove the core and seeds.
- Separate the peel from the edible flesh.
- Serve the pieces on the plate or have them cut into bite-size pieces.
- The flesh can also be cubed or scooped into ball.

Uses : eaten fresh, mixed in fruit salad, made fruit juice or drink, sherbet. Adding cubed fresh cantaloupe and mini pearl sago in coconut milk, light syrup and shaved ice can be served as a dessert.

Storage : 4-7 days at ambient temperature.

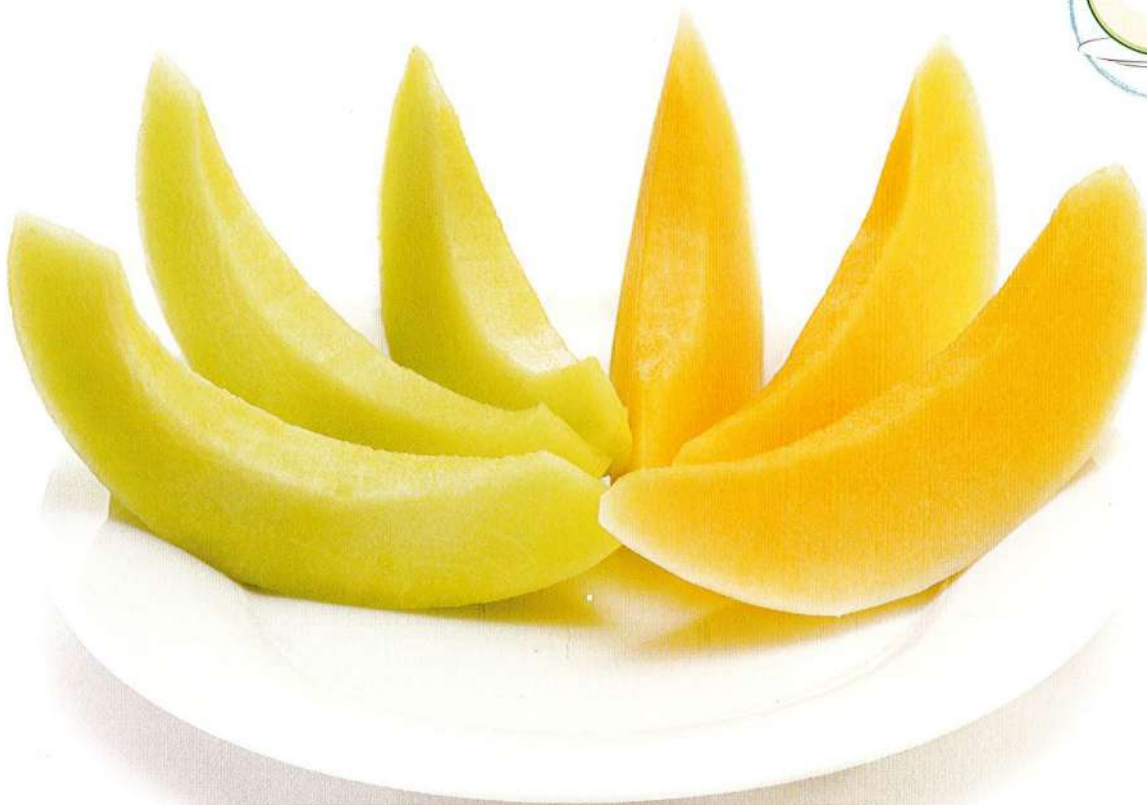
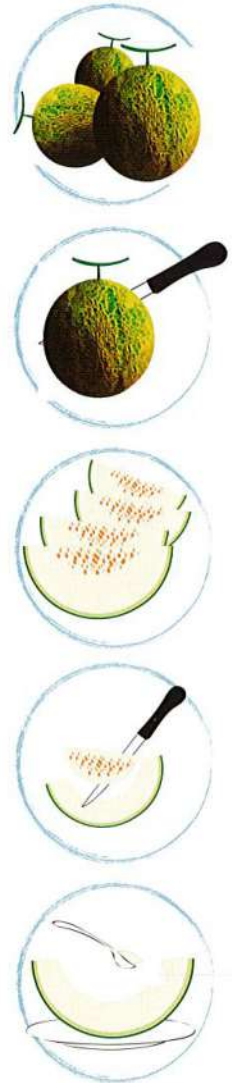


Nutrition facts

Proximate nutritive value per 100 g edible portion

Energy	30 kcal	Iron	0.10 mg
Protein	0.5 g	Vitamins	
Fat	0.09 g	A	360 µg
Carbohydrate	6.71 g	(orange flesh)	
Fiber	1.34 g	B1	0.01 mg
Minerals		B2	0.02 mg
Calcium	4.76 mg	Niacin	0.35 mg
Phosphorus	13.3 mg	C	13.2 mg

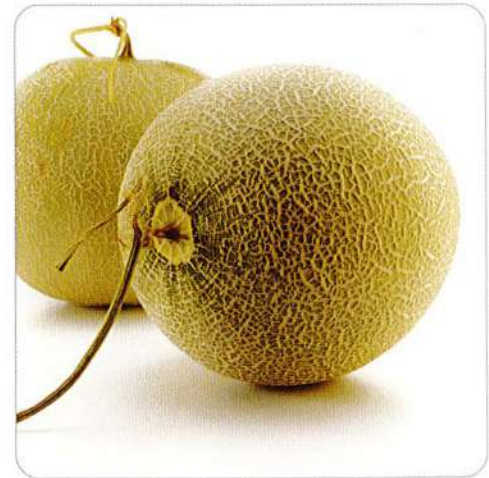
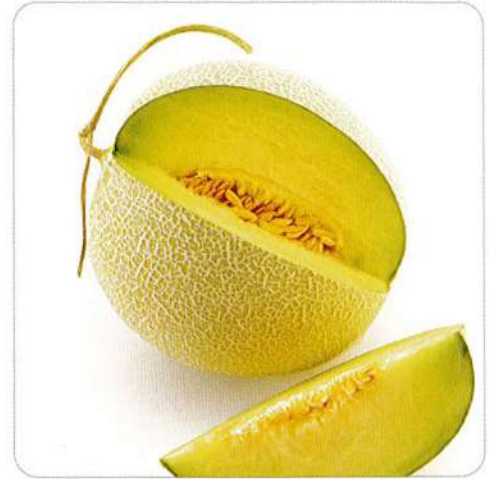
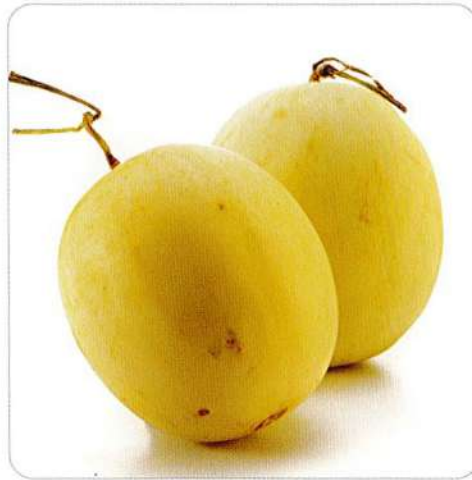
Source : Nutrition Division, Department of Health
Ministry of Public Health. September 2001





CANTALOUPE

FRESH & SWEET





CARAMBOLA

STAR LIGHT



Name

Common name : **carambola, star fruit.**

Thai name : **ma-fueng.**

Scientific name : ***Averrhoa carambola L.***

Color : smooth, shiny and greenish yellow or yellowish orange rind.

Taste : crisp, juicy and sweet yet slightly tart.

Shape : oval with 5 ridges lengthwise.

Availability : year-round, peak period : Oct.

Jan	Feb	Mar	Apr	May	Jun
●	●	●	●	●	●
Jul	Aug	Sep	Oct	Nov	Dec
●	●	●	●	●	●

Preparation and eating

- Fruit can be cut in cross section, resembling a five pointed star.

Uses : eaten fresh, added to fruit or vegetable salad, made into juice and jam.

Storage : 6-7 days at ambient temperature.



Nutrition facts

Proximate nutritive value per 100 g edible portion

Energy	37 kcal	Iron	0.9 mg
Protein	0.4 g	Vitamins	
Fat	0.1 g	A	12 µg
Carbohydrate	8.7 g	B1	0.02 mg
Fiber	0.9 g	B2	0.17 mg
Minerals		Niacin	0.8 mg
Calcium	9 mg	C	28 mg
Phosphorus	15 mg		

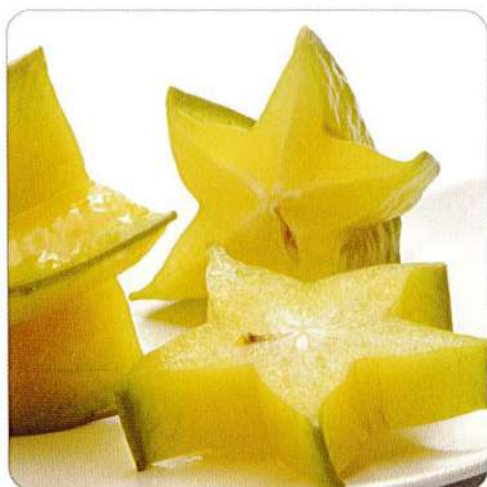
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Ministry of Public Health. September 2001





CARAMBOLA

STAR LIGHT





DRAGON FRUIT

EXCELLENT FRUIT FOR GOOD HEALTH



Name

Common name : **dragon fruit.**

Thai name : **kaew-mung-gone.**

Scientific name : ***Hylocereus spp.***

Color : White flesh fruit (*H. undatus*) : pinkish red skin, white, slightly soft and juicy flesh with many sesame-like seeds.

Red flesh fruit (*H. sp.*) : slightly dark red skin, slightly soft and juicy flesh of magenta color with many sesame-like seeds.

Pink flesh variety (*H. sp.*) : the skin and flesh are similar to those of white flesh variety, except the flesh color is pink.

Taste : light, sweet tastes due to hexoses and sorbitol, no sucrose. The flesh is sweet with a touch of light acidic taste. Generally the pink flesh fruit which is a hybrid of the other two varieties is better in taste than the parents.

Shape : oval in general.

Availability : year-round, peak period : May-Oct.

no sucrose. The flesh is sweet with a touch of

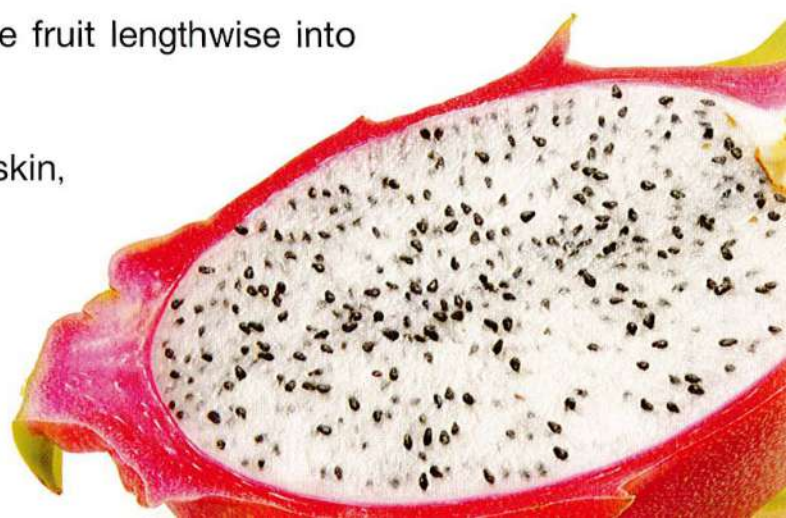
Jan	Feb	Mar	Apr	May	Jun
●	●	●	●	●	●
Jul	Aug	Sep	Oct	Nov	Dec
●	●	●	●	●	●

Preparation and eating

- Trim off the calyx and cut the fruit lengthwise into halves, 4 and 8 pieces.

Uses : eaten fresh by peeling off the skin, served in fruit or vegetable salad, or made sherbet, juice and drink.

Storage : 14 days at 10°C, 90% RH.



Nutrition facts

Proximate nutritive value per 100 g edible portion

Energy	66 kcal	Phosphorus	38 mg
Protein	1.28 g	Iron	0.35 mg
Fat	1.02 g	Vitamins	
Fiber	3.45 g	A	0 µg
Carbohydrate	12.9 g	B1	0.02 mg
Minerals		B2	0.04 mg
Calcium	4.86 mg	Niacin	0.33 mg
		C	3.9 mg

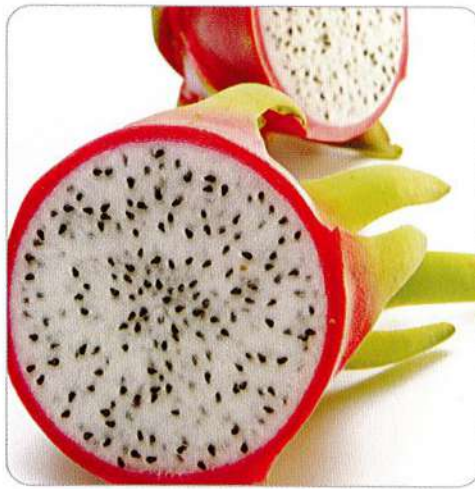
Source : Nutrition Division, Department of Health
Ministry of Public Health. September 2001





DRAGON FRUIT

EXCELLENT FRUIT FOR GOOD HEALTH





DURIAN

.....
KING OF TROPICAL FRUITS



Name

Common name : **durian**.

Thai name : **too-rian**.

Scientific name : ***Durio zibethinus* Murray**.

Color : yellowish brown skin, yellowish creamy flesh.

Taste : sweet and creamy with specific flavor varying from very mild to strong depending on variety and fruit ripeness.

Shape : spherical to irregular oval with spiny skin.

Availability : Apr-Aug.

Jan	Feb	Mar	Apr	May	Jun
○	○	○	●	●	●
Jul	Aug	Sep	Oct	Nov	Dec
●	●	○	○	○	○



Preparation and eating

- Cut open lengthwise along the grooves of the ripening or ripe fruit with a strong and sharp knife.
- Remove each cut segment, separate the husk and take out the pulp containing seed portion from the partition.

Uses : eaten fresh, used to make ice cream, durian candy paste which can also be used as stuffing of many kinds of cake such as moon cake and Japanese moji.

Storage : mature green fruit : 10-15 days at 14-16°C, 89-90% RH.

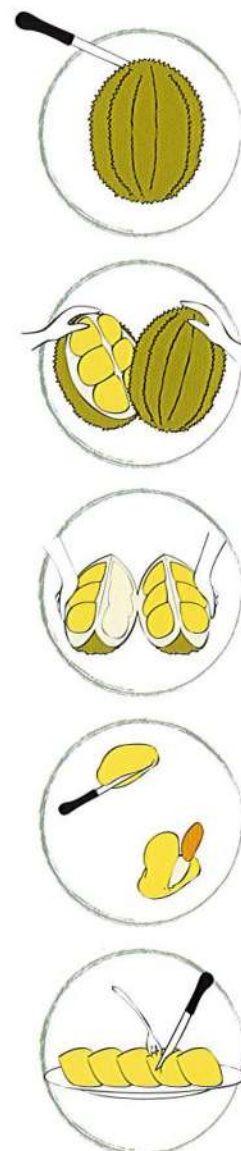
ripe fruit : 7-14 days at 13-15°C, 90-95% RH. Non refrigerated the ripe fruit has a shelf life of 1-2 days. The pulp can be kept refrigerated for more than 7 days in closed packaging or frozen for later use.

Nutrition facts

Proximate nutritive value per 100 g edible portion

Energy	163 kcal	Iron	1.1 mg
Protein	2.1 g	Vitamins	
Fat	3.3 g	A	8 μ g
Carbohydrate	31.2 g	B1	0.16 mg
Fiber	1.4 g	B2	0.23 mg
Minerals		Niacin	2.5 mg
Calcium	29 mg	C	35 mg
Phosphorus	34 mg		

Source : Nutrition Division, Department of Health
Ministry of Public Health. September 2001





DURIAN

KING OF TROPICAL FRUITS





GRAPE

FRUIT FOR TABLE AND WINE



Name

Common name : **grape.**

Thai name : **a-ngune.**

Scientific name : ***Vitis vinifera* L.**

Color : greenish yellow to reddish purple depending on varieties.

Taste : sweet.

Shape : oval and elongated oval.

Availability : year-round, peak period : Sep.-Apr.

Jan	Feb	Mar	Apr	May	Jun
●	●	●	●	●	●
Jul	Aug	Sep	Oct	Nov	Dec
●	●	●	●	●	●

Preparation and eating

- Mature and seedless berries are favorite to all, immature ones are more acidic. However, grape seeds have good quality oil which is beneficial to consumers' health.

Uses : eaten fresh, used in fruit and vegetable salads, made into juice, jam, jelly and many more items.

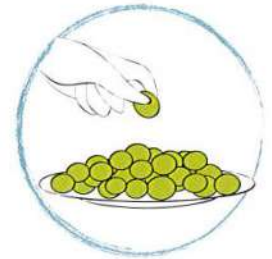
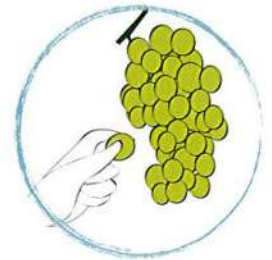
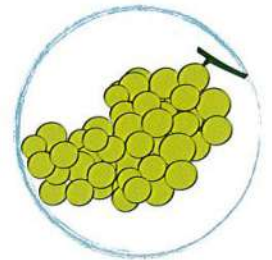
Storage : the berry can be kept at ambient temperature (25-30°C) for 2-3 days.



Nutrition facts

Proximate nutritive value per 100 g edible portion

Energy	53 kcal	Phosphorus	14.58 mg
Protein	0.54 g	Iron	0 mg
Carbohydrate	12.49 g	Vitamins	
Fiber	0.95 g	A	58 µg
Minerals		B1	0.3 mg
Calcium	0.54 mg	B2	0.2 mg
		Niacin	0.15 mg
		C	4.1 mg



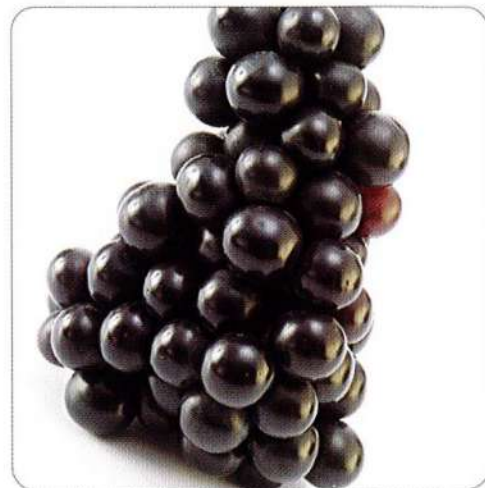
Source : Nutrition Division, Department of Health
Ministry of Public Health. September 2001





GRAPE

FRUIT FOR TABLE AND WINE





GUAVA

CRUNCHY AND INTERESTING VITAMIN C DELIGHT



Name

Common name : **guava**.

Thai name : **fa-rang**.

Scientific name : ***Psidium guajava* L.**

Color : light green skin, white flesh.

Taste : crunchy, mild sweet and slightly sour.

Shape : globular.

Availability : year-round.

Jan	Feb	Mar	Apr	May	Jun
●	●	●	●	●	●
Jul	Aug	Sep	Oct	Nov	Dec
●	●	●	●	●	●

Preparation and eating

- Do not peel the fruit, except the defected area. Break open or cut the mature green or slightly ripe guava lengthwise into 8-12 pieces with a strong and sharp knife, then remove all seeds.

Uses : eaten fresh, used in fruit or vegetable salad.

Juice or drink can also be made.

Storage : mature green and slightly ripe : 2-3 weeks at 8-10°C, 90-95% RH.

Ripe fruit : 1 week at 5-8°C, 90-95% RH.

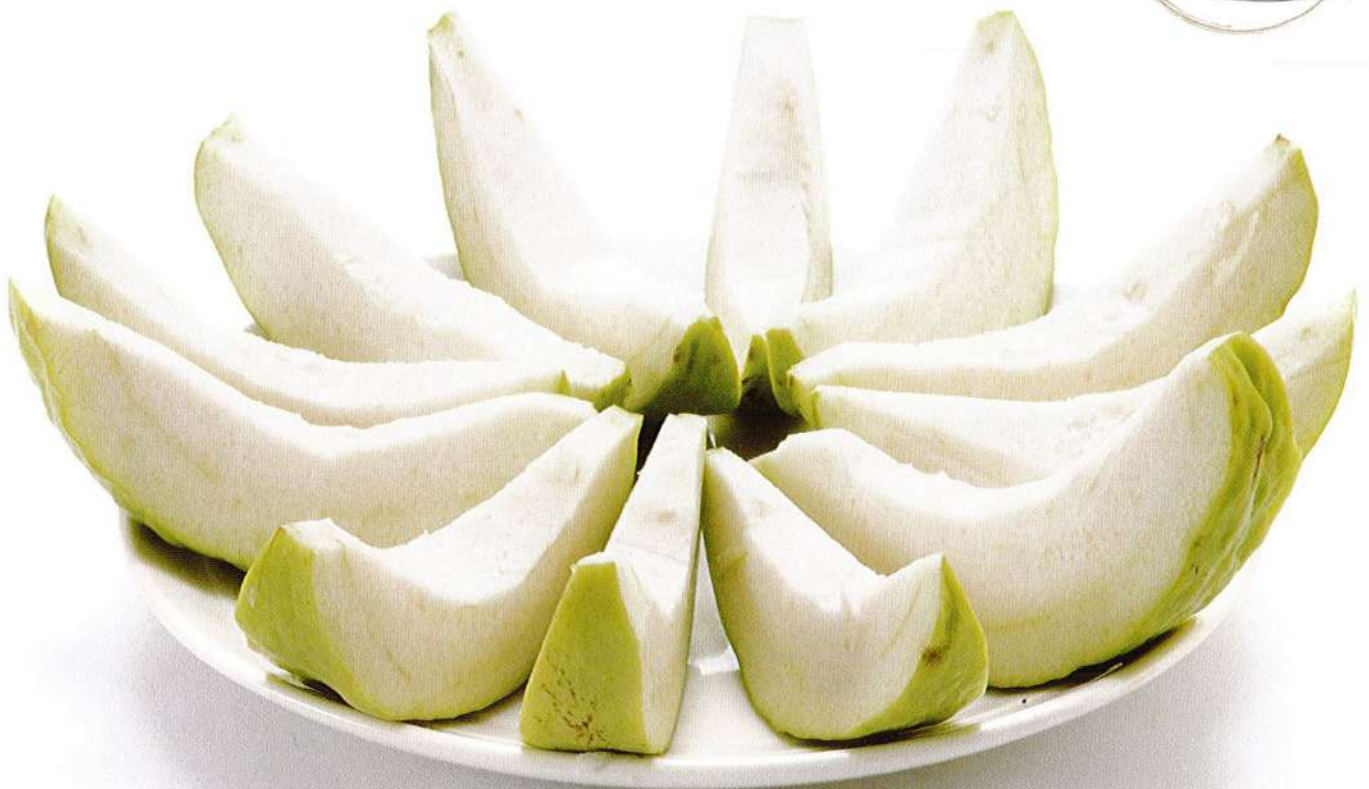
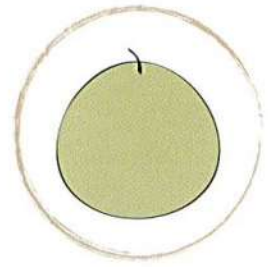


Nutrition facts

Proximate nutritive value per 100 g edible portion

Energy	43 kcal	Phosphorus	12 mg
Protein	0.6 g	Iron	0.4 mg
Fat	0.1 g	Vitamins	
Carbohydrate	9.8 g	A	3 µg
Fiber	2.9 g	B1	0.05 mg
Minerals		B2	0.11 mg
Calcium	2 mg	Niacin	1.3 mg
		C	187 mg

Source : Nutrition Division, Department of Health
Ministry of Public Health. September 2001





GUAVA

CRUNCHY AND INTERESTING VITAMIN C DELIGHT





JACKFRUIT

.....
SENSATIONAL



Name

Common name : **jackfruit.**

Thai name : **kha-noon.**

Scientific name : ***Artocarpus heterophyllus* Lam.**

Color : light greenish yellow skin, golden yellow to orange color flesh.

Taste : sweet and aromatic.

Shape : ovate or oblong, approximately 7-15 kg/fruit.

Availability : year-round, peak period : Apr.-May.

Jan	Feb	Mar	Apr	May	Jun
●	●	●	●	●	●
Jul	Aug	Sep	Oct	Nov	Dec
●	●	●	●	●	●



Preparation and eating

- Generously coat your hands and knife with oil.
- Cut the fruit lengthwise into halves.
- Wipe out all the latex with plain white paper.
- Remove the core.
- Place each half fruit on a table or a flat surface, press the skin along the edge down with your fingers in order to separate the fruit section and the skin.
- Pull out each fruit section which is cut to open the flesh and have the seed removed.

Uses : eaten fresh or frozen, added in fruit salad, in coconut milk sherbet or ice cream and other desserts.

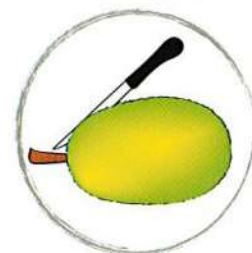
Storage : the fruit can be stored 2-3 weeks at 15-20°C, 90-95% RH depending on cultivar and maturity stage. The flesh can be kept refrigerated up to 7 days in closed packaging.

Nutrition facts

Proximate nutritive value per 100 g edible portion

Energy	117 kcal	Phosphorus	22 mg
Protein	1.3 g	Iron	1.0 mg
Fat	0.4 g	Vitamins	
Carbohydrate	27.1 g	A	23 μ g
Fiber	1.0 g	B1	0.10 mg
Minerals		B2	0.01 mg
Calcium	20 mg	Niacin	0.4 mg
		C	88 mg

Source : Nutrition Division, Department of Health
Ministry of Public Health. September 2001





JACKFRUIT

SENSATIONAL





JAVA APPLE

BELL FRUIT OF HEALTH



Name

Common name : **wax jambu, wax apple, java apple.**

Thai name : **chom-phu.**

Scientific name : ***Syzygium samarangense* (Blume).**

Color : shiny and light green, and dark red skin cultivars; white, thick, firm and crispy flesh.

Taste : sweet with a touch of flavor.

Shape : both green and red cultivars are of bell shape.

Availability : year-round, peak period : Jan.-Mar.

Jan	Feb	Mar	Apr	May	Jun
●	●	●	●	●	●
Jul	Aug	Sep	Oct	Nov	Dec
●	●	●	●	●	●

Preparation and eating

- Cut the fruit lengthwise into halves and remove the seed if any.
- Slice each half lengthwise into two pieces.
- Arrange the pieces on a plate

Uses : eaten fresh, added in fruit and vegetable salad.

Storage : the fruit can be stored 1-2 weeks at 12-14 °C, 90-95% RH.

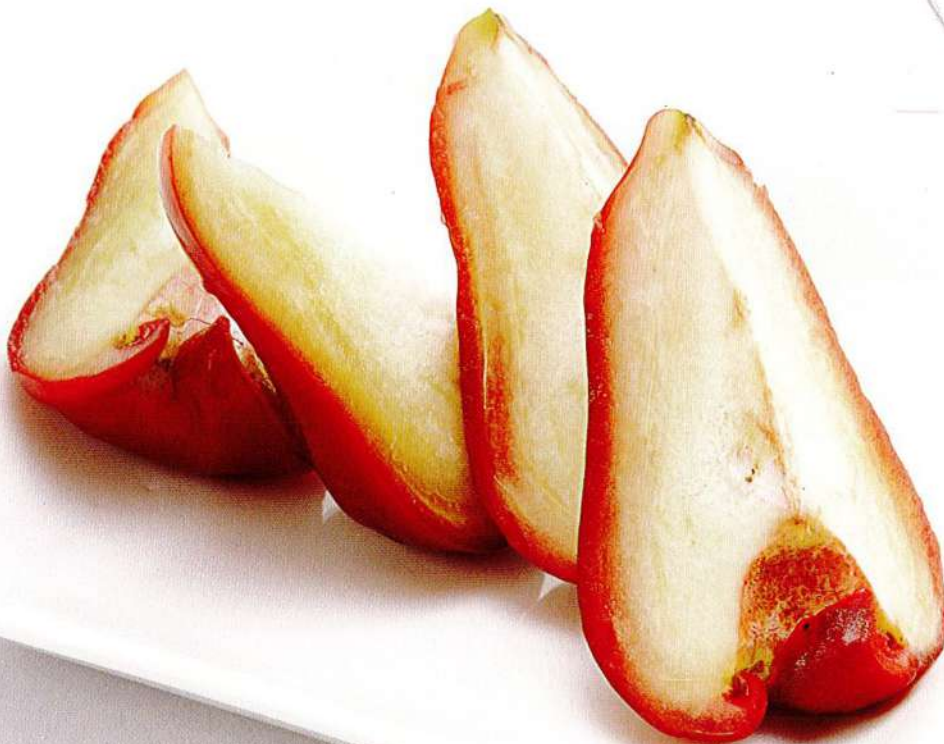
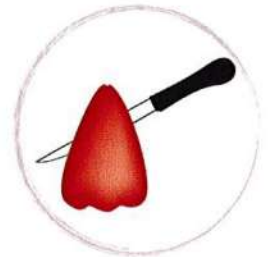
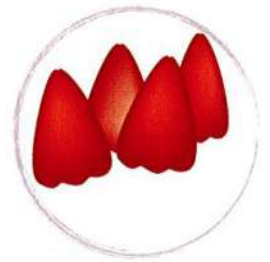


Nutrition facts

Proximate nutritive value per 100 g edible portion

Energy	16 kcal	Vitamins	
Protein	0.3 g	A	22 μ g
Fat	0 g	B1	0.14 mg
Carbohydrate	3.8 g	B2	0.02 mg
Fiber	0.4 g	Niacin	0.8 mg
Minerals		C	35 mg
Calcium	7 mg		
Phosphorus	4 mg		
Iron	0.3 mg		

Source : Nutrition Division, Department of Health
Ministry of Public Health. September 2001





JAVA APPLE

BELL FRUIT OF HEALTH





JUJUBE

APPLE-LIKE AND CRUNCHY



Name

Common name : **jujube.**

Thai name : **put-sa.**

Scientific name : ***Zizyphus mauritiana* Lam.**

Color : yellowish green and light greenish yellow skin, white flesh.

Taste : sweet, firm and crunchy.

Shape : round.

Availability : year-round, peak period : Jun.-Dec.

Jan	Feb	Mar	Apr	May	Jun
●	●	●	●	●	●
Jul	Aug	Sep	Oct	Nov	Dec
●	●	●	●	●	●

Preparation and eating

- Eat it right out of hand, beware of the seed, or have it sliced into bite-size pieces.

Uses : eaten fresh, used in fruit or vegetable salad.

Storage : 2-3 weeks at 10°C, 90-95% RH.

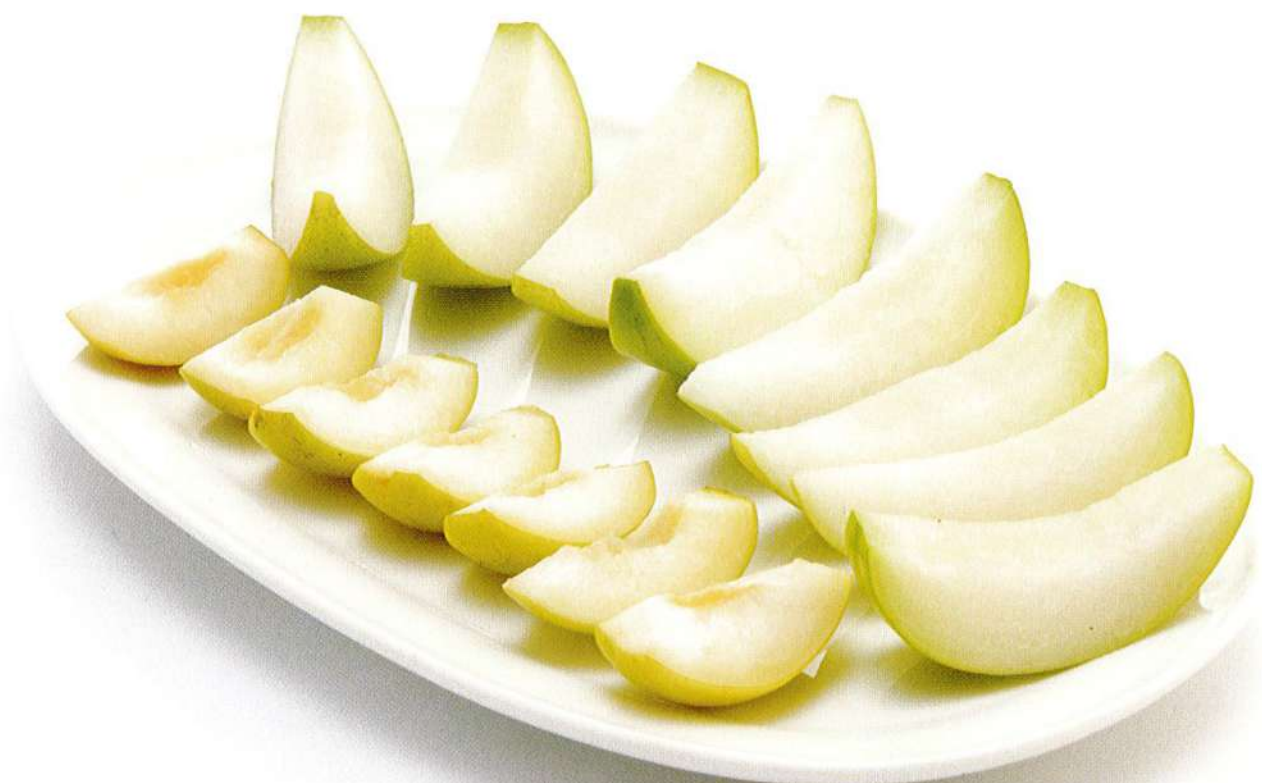
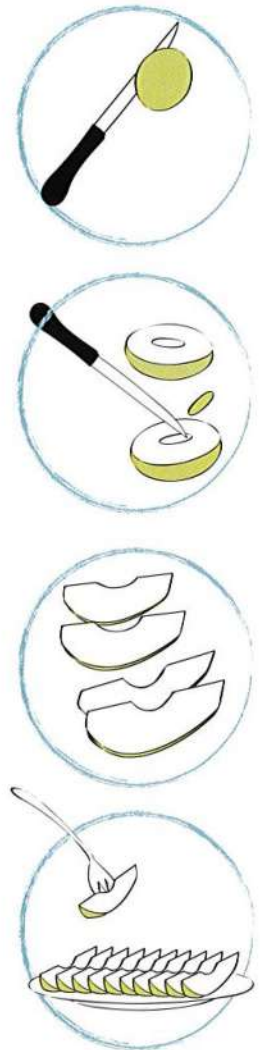


Nutrition facts

Proximate nutritive value per 100 g edible portion

Energy	50 kcal	Phosphorus	6 mg
Protein	1.0 g	Iron	0.4 mg
Fat	0.1 g	Vitamins	
Carbohydrate	11.3 g	A	5 µg
Fiber	2.2 g	B1 + B2	0.22 mg
Minerals		Niacin	1.1 mg
Calcium	14 mg	C	32 mg

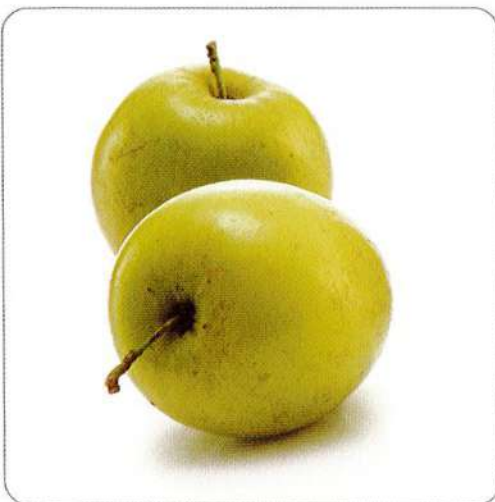
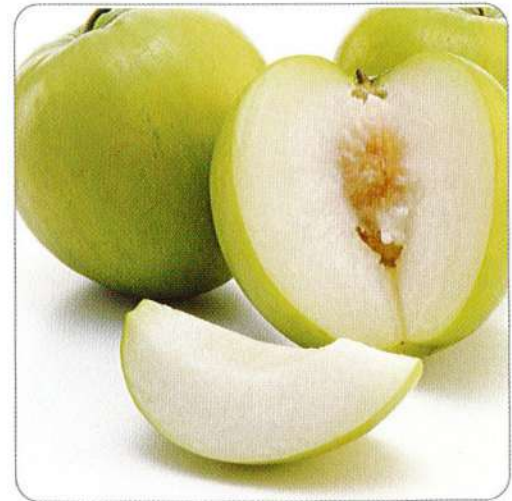
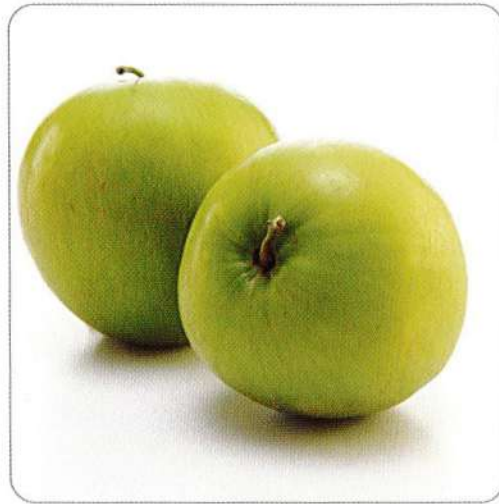
Source : Nutrition Division, Department of Health
Ministry of Public Health. September 2001





JUJUBE

APPLE-LIKE AND CRUNCHY





LYCHEE OR LITCHI

NATURALLY DELICIOUS



Name

Common name : **lychee or litchi.**

Thai name : **lin-chee.**

Scientific name : ***Litchi chinensis* Sonn.**

Color : red skin, white flesh.

Taste : sweet and slightly sour taste with aroma.

Shape : globular.

Availability : Apr.-Jun.

Jan	Feb	Mar	Apr	May	Jun
○	○	○	●	●	●
Jul	Aug	Sep	Oct	Nov	Dec
○	○	○	○	○	○

Preparation and eating

- Remove the red skin by cutting around the fruit's circumference with a small knife, then remove the dark brown oval seed at the center of the fruit.

Uses : eaten fresh or frozen, added in desserts, or served as juice and drink.

Storage : 3-5 weeks at 2-5 °C, 90-95% RH. Do not leave the fruit directly exposed to ambient air because the red skin can turn dark brown rapidly.



Nutrition facts

Proximate nutritive value per 100 g edible portion

Energy	57 kcal	Phosphorus	41 mg
Protein	0.9 g	Iron	1.3 mg
Fat	0.1 g	Vitamins	
Carbohydrate	13.2 g	B1	0.11 mg
Fiber	0.1 g	B2	0.04 mg
Minerals		Niacin	0.3 mg
Calcium	7 mg	C	41 mg

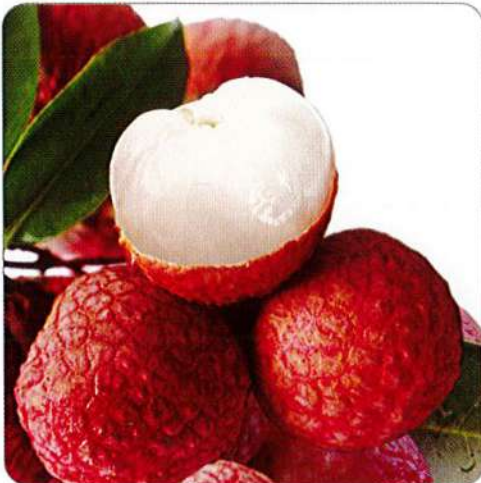
Source : Nutrition Division, Department of Health
Ministry of Public Health. September 2001





LYCHEE OR LITCHI

NATURALLY DELICIOUS





LONGAN

DRAGON EYES



Name

Common name : **longan**.

Thai name : **lum-yai**.

Scientific name : ***Dimocarpus longan* Lour.**

Color : yellow-brown skin with translucent white flesh.

Taste : crunchy and sweet.

Shape : spherical.

Availability : year-round, peak period : Jun.-Aug.

Jan	Feb	Mar	Apr	May	Jun
●	●	●	●	●	●
Jul	Aug	Sep	Oct	Nov	Dec
●	●	●	●	●	●

Preparation and eating

- Remove the brown skin by making an incision around the fruit's circumference with a small knife, then remove the dark round seed at the center of the fruit.

Uses : eaten fresh or frozen, added in fruit salad and in many desserts.

Storage : 2-3 weeks at 4-5 °C, 90-95% RH.

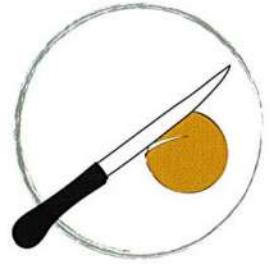


Nutrition facts

Proximate nutritive value per 100 g edible portion

Energy	111 kcal	Iron	0.3 mg
Protein	1.0 g	Vitamins	
Fat	0.5 g	A	3 µg
Carbohydrate	25.6 g	B1	0.04 mg
Fiber	0.4 g	B2	0.07 mg
Minerals		Niacin	0.6 mg
Calcium	2 mg	C	44 mg
Phosphorus	6 mg		

Source : Nutrition Division, Department of Health
Ministry of Public Health. September 2001





LONGAN

DRAGON EYES





LONGKONG

LITTLE ANGEL



Name

Common name : **longkong**

Thai name : **long-kong**

Scientific name : ***Lansium domesticum***.

Color : creamy yellow skin with smoky white flesh.

Taste : sweet balanced with slightly sour taste.

Shape : globular

Availability : May-Sep.

Jan	Feb	Mar	Apr	May	Jun
●	●	●	●	●	●
Jul	Aug	Sep	Oct	Nov	Dec
●	●	●	●	●	●

Preparation and eating

- Peel out the skin.
- Separate the fruit into halves.
- Take the flesh out.
- Do not bite the seed because it is bitter.

Uses : eaten fresh, or prepared for juice or drink.

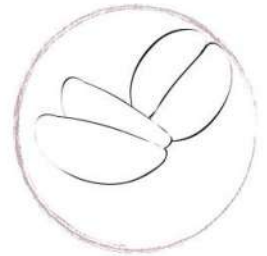
Storage : 2-3 weeks at 18°C, 90% RH.



Nutrition facts

Proximate nutritive value per 100 g edible portion

Energy	70 kcal	Iron	0.12 mg
Protein	0.91 g	Vitamins	
Fat	0.14 g	A	17.8 μ g
Carbohydrate	16.3 g	B1	0.04 mg
Fiber	4.36 g	B2	0.09 mg
Minerals		Niacin	1.43 mg
Calcium	5.39 mg	C	2.7 mg
Phosphorus	19.1 mg		



Source : Nutrition Division, Department of Health
Ministry of Public Health. September 2001





LONGKONG

LITTLE ANGEL





MAMEAW POMERAC

FRESH, SWEET & AROMATIC



Name

Common name : **mameaw pomegranate, malay apple.**

Thai name : **chom-poo-ma-meaw.**

Scientific name : ***Syzygium malaccense* (Linn.)**

Merr. & Li. Mi. Perry.

Color : reddish purple, white flesh.

Taste : sweet and slightly sour with light aroma.

Shape : somewhat cylindrical.

Availability : Jan.-Apr.

Jan	Feb	Mar	Apr	May	Jun
●	●	●	●	○	○
Jul	Aug	Sep	Oct	Nov	Dec
○	○	○	○	○	○

Preparation and eating

- Cut the fruit lengthwise into halves, or cut further into 4 or 8 pieces.
- Remove the seed.

Uses : eaten fresh, and made also beautiful drinks.

Storage : 3-5 days at ambient temperature.

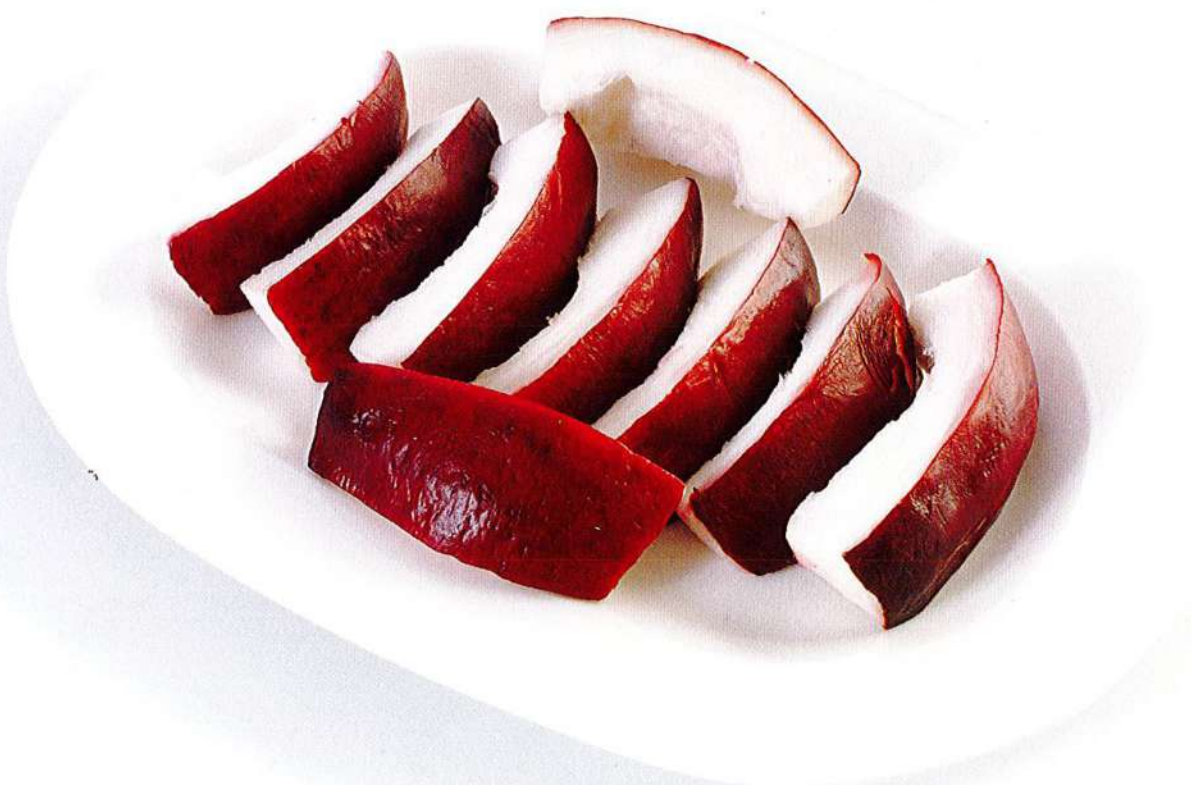
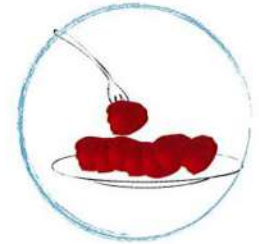
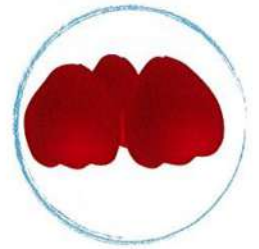


Nutrition facts

Proximate nutritive value per 100 g edible portion

Energy	24 kcal	Iron	0.7 mg
Protein	0.5 g	Vitamins	
Fat	0.1 g	A	21 µg
Carbohydrate	5.3 g	B1	0.34 mg
Fiber	1.3 g	B2	0.04 mg
Minerals		Niacin	0.6 mg
Calcium	1 mg	C	18 mg
Phosphorus	8 mg		

Source : Nutrition Division, Department of Health
Ministry of Public Health. September 2001





MAMEAW POMERAC

FRESH, SWEET & AROMATIC





MANGO

ASIAN DELIGHT, TROPICAL PEACH



Name

Common name : **mango**.

Thai name : **ma-muong**.

Scientific name : ***Mangifera indica* L.**

Color : golden yellow skin, dark yellow flesh.

Taste : sweet and aromatic.

Shape : elongated ovate with pointed tip.

Availability : year-round, peak period : Mar.-May.

Jan	Feb	Mar	Apr	May	Jun
●	●	●	●	●	●
Jul	Aug	Sep	Oct	Nov	Dec
●	●	●	●	●	●

Preparation and eating

- Cut the fruit lengthwise on both cheeks, keep the knife blade as close as possible to the seed.
- Cut the flesh into squares of 2 cm. size with the flesh still attaching to the peel.
- The fruit can be peeled before slicing both cheeks of which the flesh is cut into serving size pieces.

Uses : eaten fresh or frozen, used in fruit salad, made ice cream, desserts, juice and jam.

Storage : 2-3 weeks at 10-13 °C, 85-90% RH.

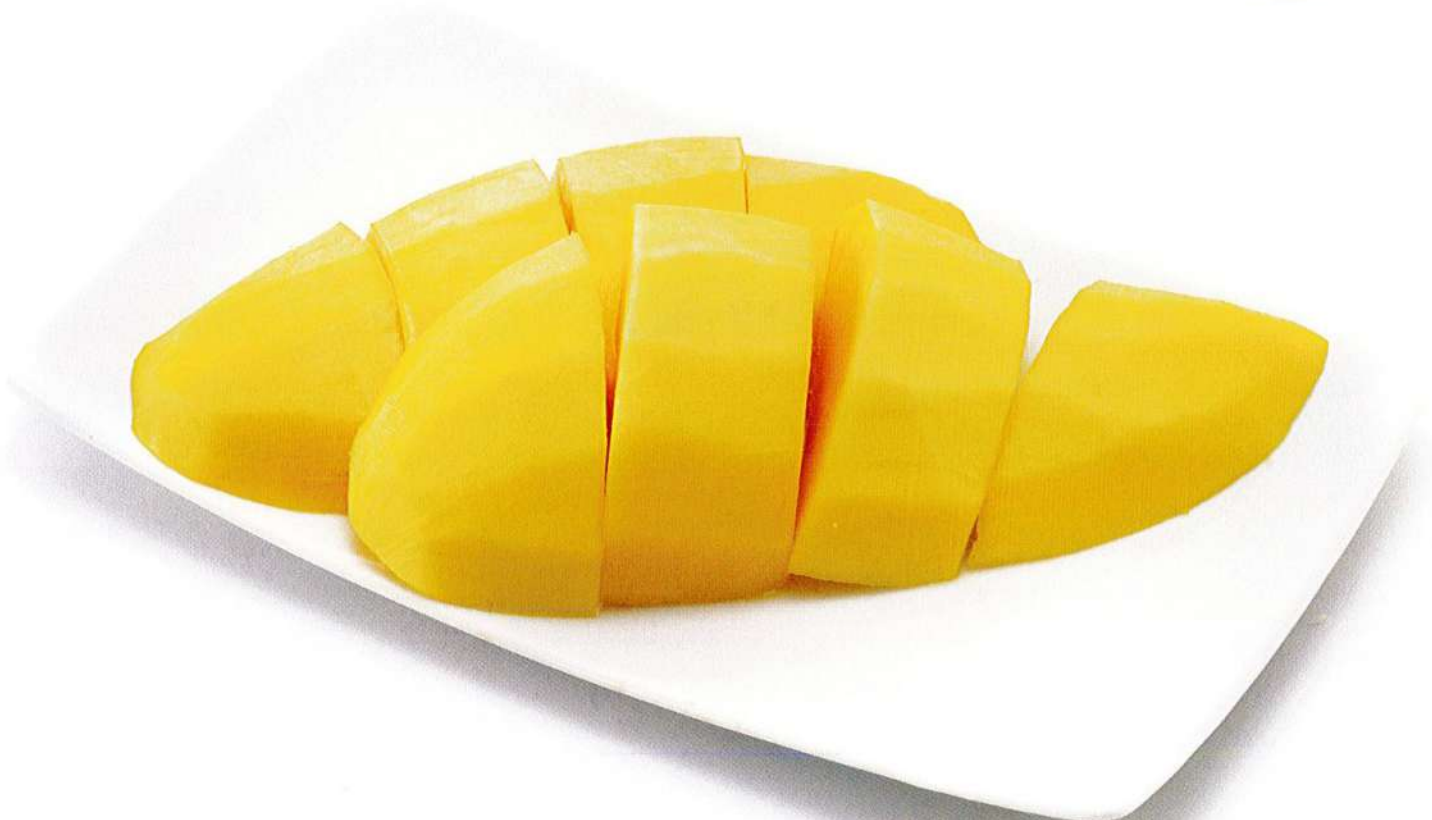
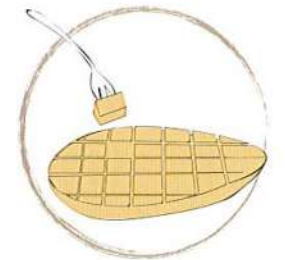
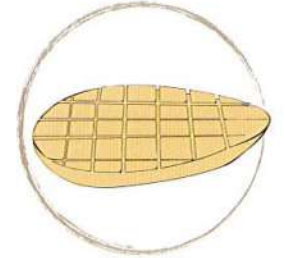
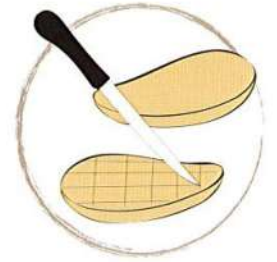


Nutrition facts

Proximate nutritive value per 100 g edible portion

Energy	79 kcal	Iron	0.2 mg
Protein	0.9 g	Vitamins	
Fat	0.2 g	A	10 µg
Carbohydrate	18.3 g	B1	0.04 mg
Fiber	1.1 g	B2	0.06 mg
Minerals		Niacin	1.1 mg
Calcium	29 mg	C	13 mg
Phosphorus	19 mg		

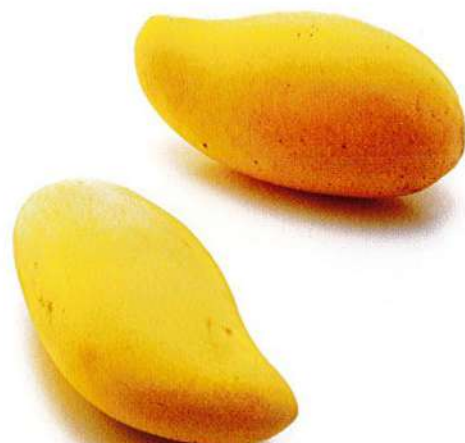
Source : Nutrition Division, Department of Health
Ministry of Public Health. September 2001

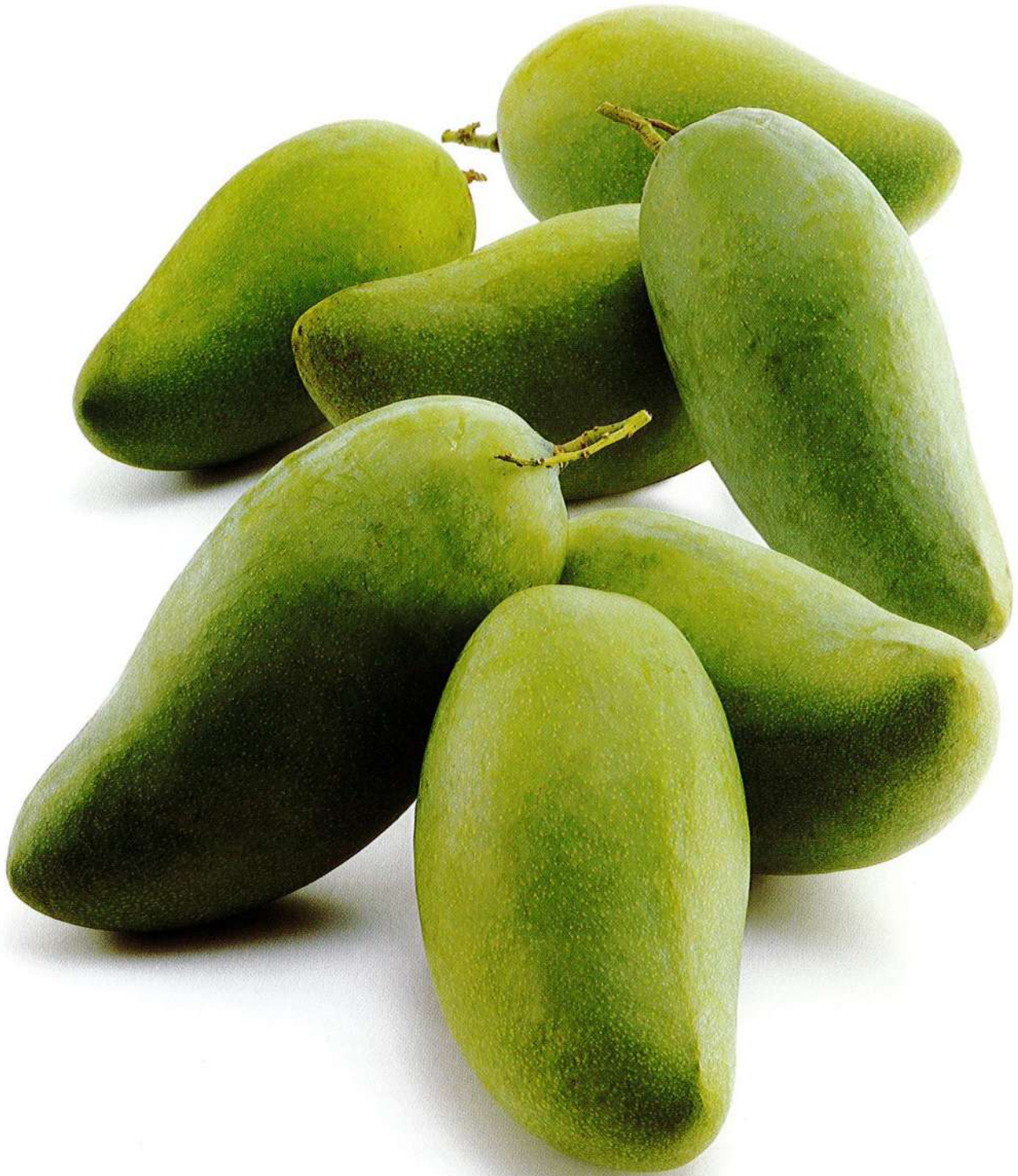




MANGO

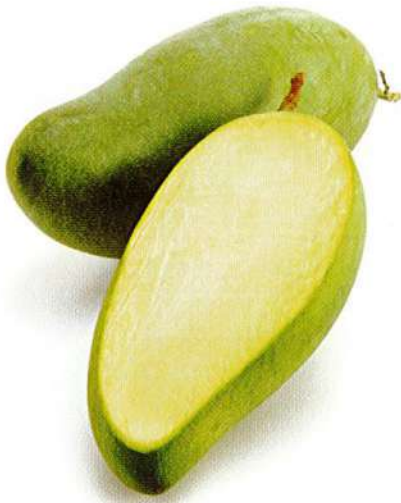
ASIAN DELIGHT, TROPICAL PEACH





GREEN MANGO

ASIAN CRUNCHY DELIGHT



Name

Common name : **green mango.**

Thai name : **ma-muong-dib.**

Scientific name : ***Mangifera indica* L.**

Color : green skin, white or creamy white flesh.

Taste : slightly sweet, slightly sour and crunchy.

Shape : oblong with tapered styler end.

Availability : year-round, peak period : Mar.-May.

Jan	Feb	Mar	Apr	May	Jun
●	●	●	●	●	●
Jul	Aug	Sep	Oct	Nov	Dec
●	●	●	●	●	●

Preparation and eating

- Peel off the green skin.
- Slice or sliver the green mango flesh lengthwise.

Uses : eaten fresh with some relishes such as sweetened fish sauce, added in fruit salad and made desserts.

Storage : fresh fruit can be kept at ambient temperature (25-30 °C) for 3-4 days before they become ripe.

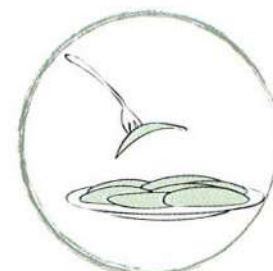
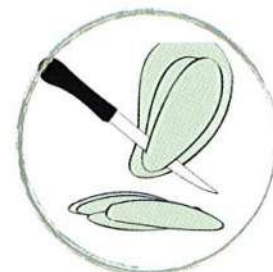


Nutrition facts

Proximate nutritive value per 100 g edible portion

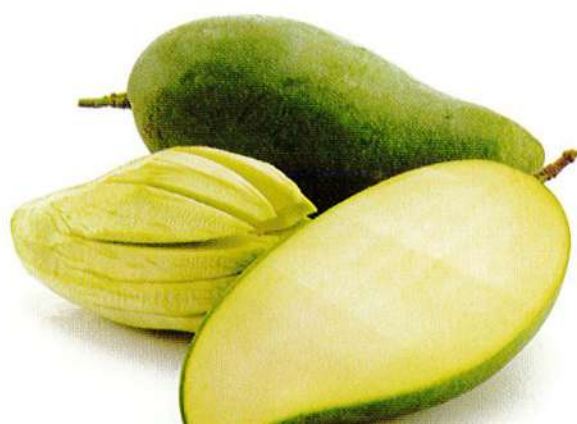
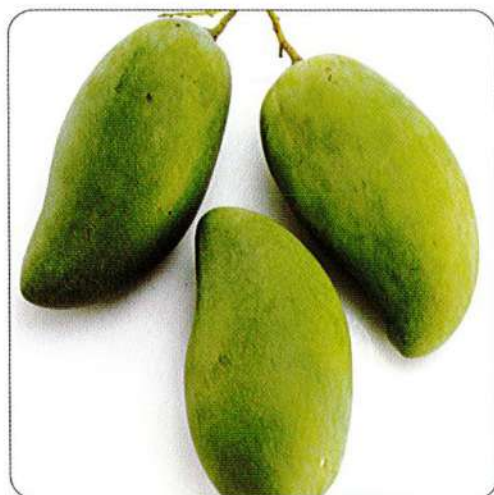
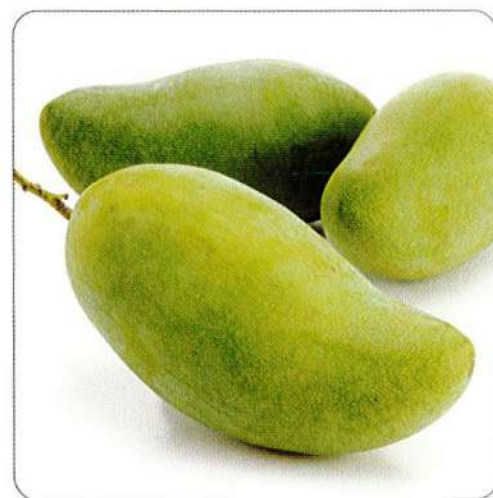
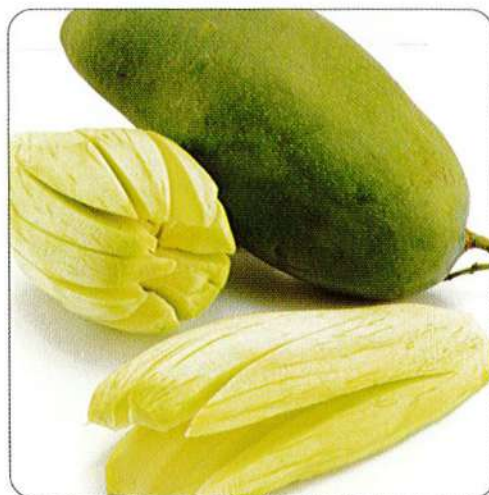
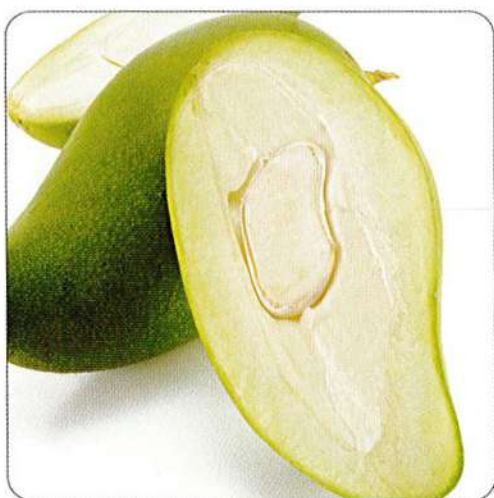
Energy	87 kcal	Iron	- mg
Protein	0.7 g	Vitamins	
Fat	0.4 g	A	- µg
Carbohydrate	20.1 g	B1	0.02 mg
Fiber	- g	B2	0.03 mg
Minerals		Niacin	- mg
Calcium	- mg	C	31 mg
Phosphorus	- mg		

Source : Nutrition Division, Department of Health
Ministry of Public Health. September 2001



GREEN MANGO

ASIAN CRUNCHY DELIGHT





MANGOSTEEN

QUEEN OF TROPICAL FRUITS



Name

Common name : **mangosteen.**

Thai name : **mung-koot.**

Scientific name : ***Garcinia mangostana* L.**

Color : thick skin with dark purple color, white flesh.

Taste : sweet and juicy with mild aroma.

Shape : globular with crown.

Availability : Apr.-Dec. Peak period : Apr.-Jul.

Jan	Feb	Mar	Apr	May	Jun
●	●	●	●	●	●
Jul	Aug	Sep	Oct	Nov	Dec
●	●	●	●	●	●

Preparation and eating

- Cut the rind around the equatorial part of the fruit.
- White edible segments are seen when the fruit is opened.
- Take the segments out with a fork.

Uses : eaten fresh or frozen, added in fruit salad and made into wine.

Storage : 3-4 weeks at 13 °C, 90-95% RH.

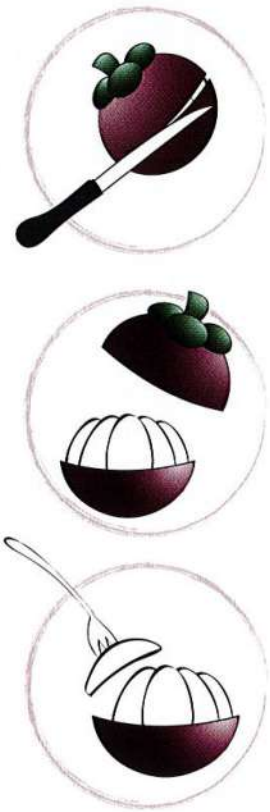


Nutrition facts

Proximate nutritive value per 100 g edible portion

Energy	82 kcal	Phosphorus	17 mg
Protein	0.5 g	Iron	0.9 mg
Fat	0 g	Vitamins	
Carbohydrate	20.1 g	B1	0.09 mg
Fiber	1.7 g	B2	0.06 mg
Minerals		Niacin	0.1 mg
Calcium	11 mg		

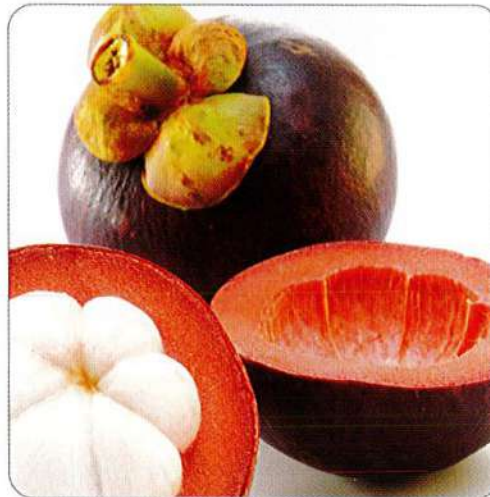
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Ministry of Public Health. September 2001





MANGOSTEEN

QUEEN OF TROPICAL FRUITS





MUSKMELON or (THAI MUSKMELON)

SUMMER COOLING



Name

Common name : **thai muskmelon.**

Thai name : **tang-thai.**

Scientific name : ***Cucumis melo L.***

Color : dark yellowish green skin with orange yellow and green flesh.

Taste : mild sweet with aroma.

Shape : ovate to oblong.

Availability : year-round, peak period : Oct.-Mar.

Jan	Feb	Mar	Apr	May	Jun
●	●	●	●	●	●
Jul	Aug	Sep	Oct	Nov	Dec
●	●	●	●	●	●

Preparation and eating

- The fruit may be cut crosswise or lengthwise from its stalk into 6 to 8 pieces.
- Separate the flesh by passing the knife blade between the skin and the flesh, keep the flesh stay on the skin.
- Cut the piece crosswise into smaller pieces and arrange them on a plate.
- The flesh can also be cubed and scooped into balls.

Uses : eaten fresh or mixed small pieces in syrup, coconut milk, and crushed ice serving as a dessert. Sometimes small starch dumpling is also added.

Storage : 4-7 days at ambient temperature.

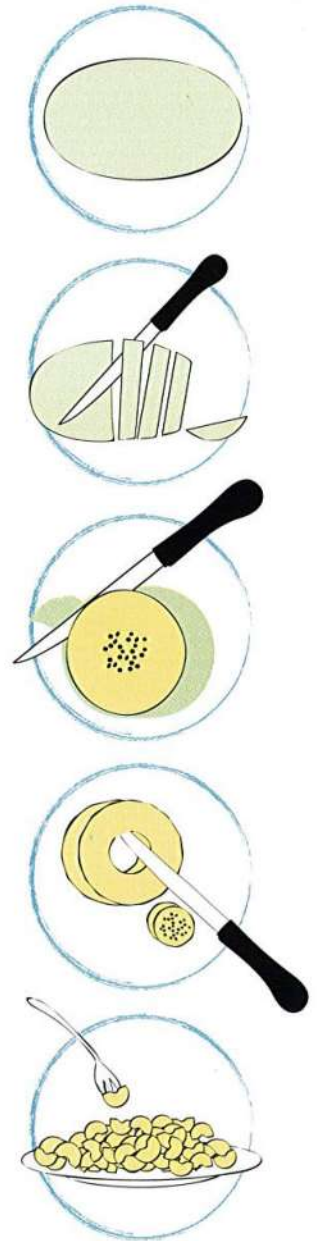


Nutrition facts

Proximate nutritive value per 100 g edible portion

Energy	13 kcal	Iron	0.3 mg
Protein	0.2 g	Vitamins	
Fat	- g	A	6 μ g
Carbohydrate	3.1 g	B1	0.07 mg
Fiber	0.3 g	B2	0.03 mg
Minerals		Niacin	0.3 mg
Calcium	1 mg	C	56 mg
Phosphorus	17 mg		

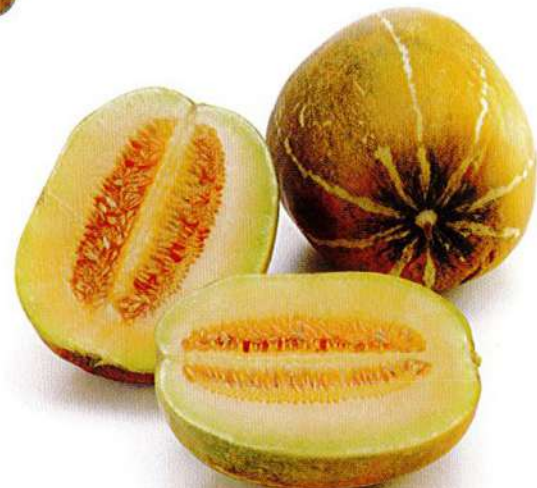
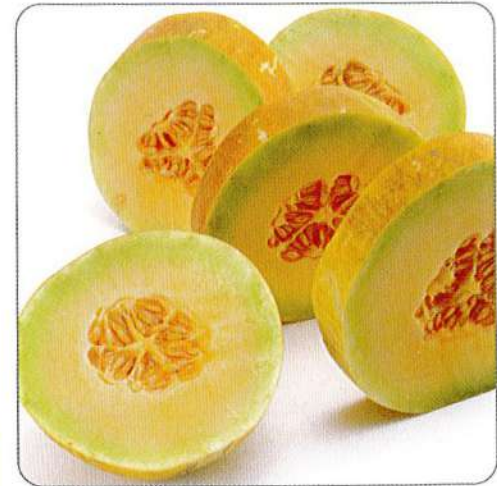
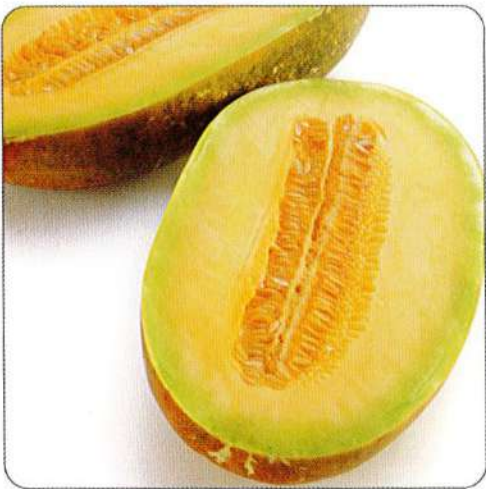
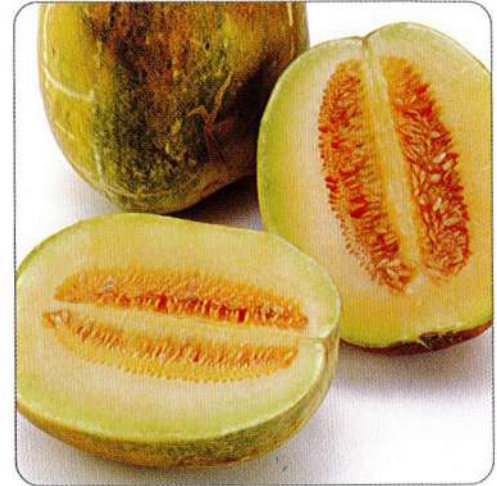
Source : Nutrition Division, Department of Health
Ministry of Public Health. September 2001





MUSKMELON or (THAI MUSKMELON)

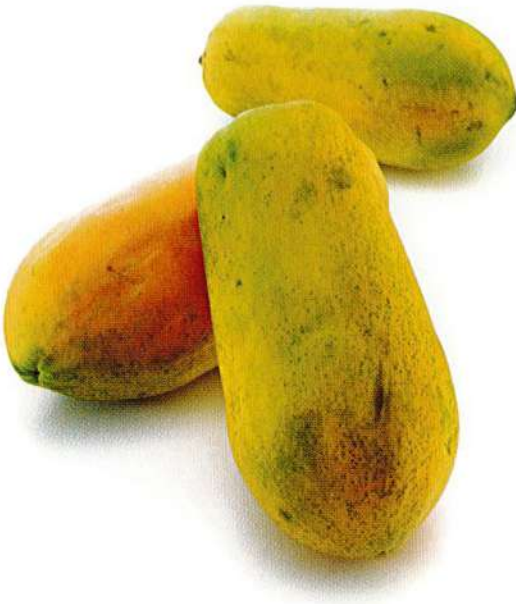
SUMMER COOLING





PAPAYA

.....
SUPER FRUIT FOR ALL



Name

Common name : **papaya, papaw.**

Thai name : **ma-la-kor.**

Scientific name : ***Carica papaya L.***

Color : reddish orange skin and flesh.

Taste : sweet.

Shape : cylindrical shape with conal styler end.

Availability : year-round.

Jan ●	Feb ●	Mar ●	Apr ●	May ●	Jun ●
Jul ●	Aug ●	Sep ●	Oct ●	Nov ●	Dec ●

Preparation and eating

- The fruit may be cut lengthwise or crosswise into rings.
- Remove all seeds and creamy yellow tissue.
- Remove the skin with a knife
- Cut the flesh into desirable sizes for serving.

Uses : eaten fresh, added in fruit salad, or used in making juice or drink. In addition, shredded raw papaya is the main ingredients of the world famous Thai papaya salad.

Storage : 1-3 weeks at 13-15 °C, 85-90% RH.

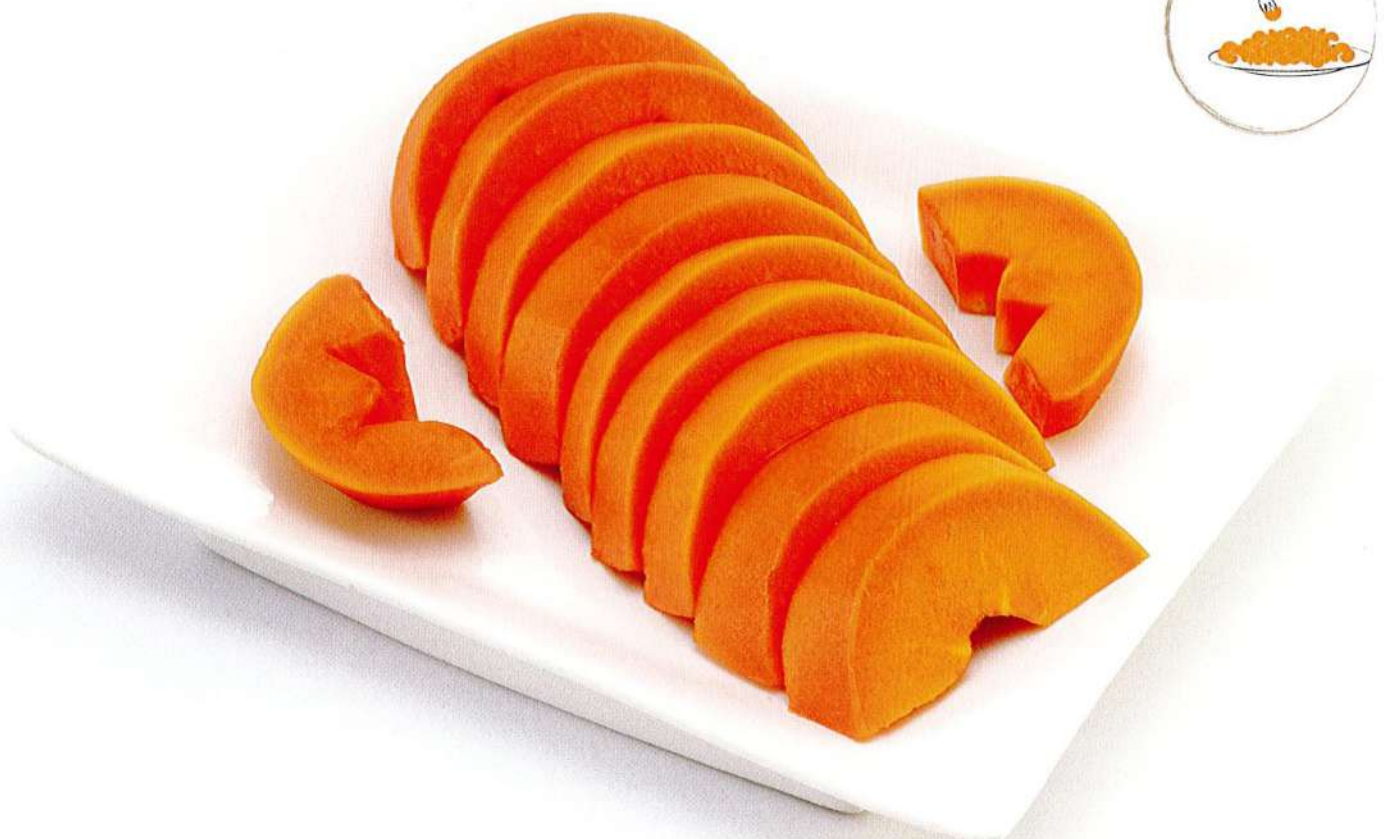


Nutrition facts

Proximate nutritive value per 100 g edible portion

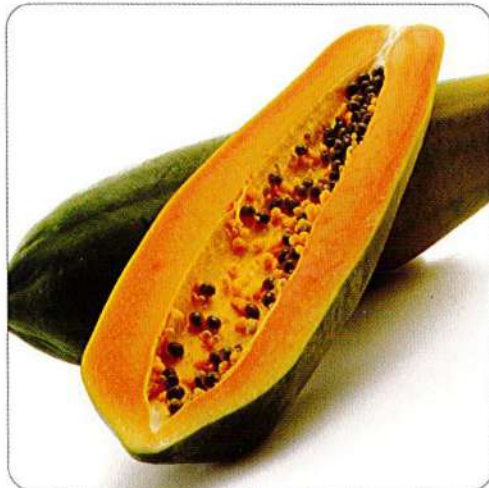
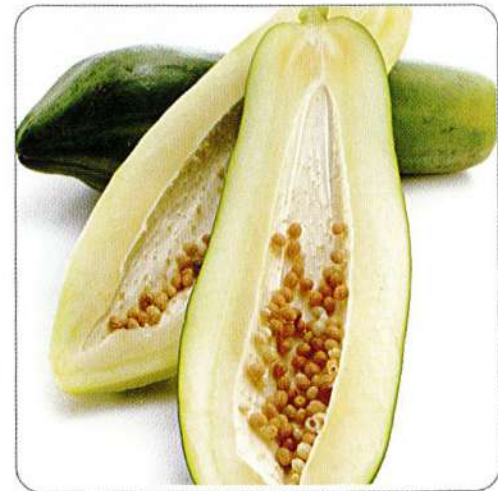
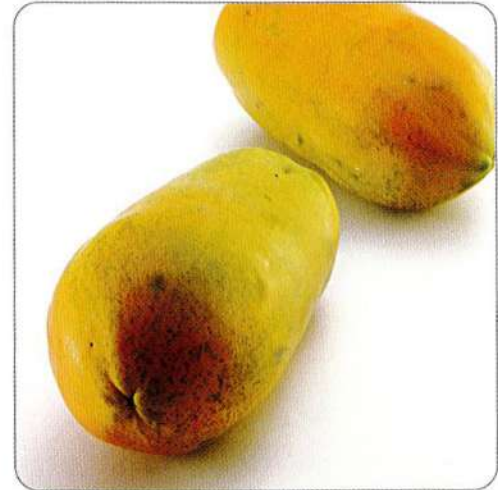
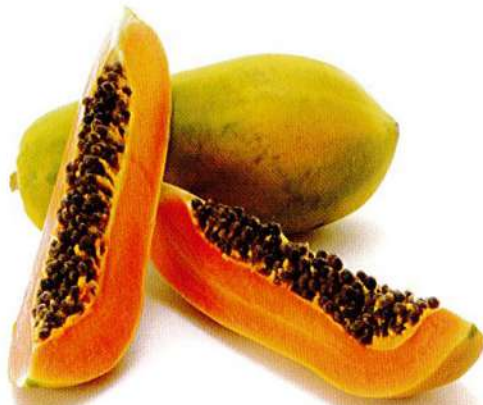
Energy	53 kcal	Iron	2.5 mg
Protein	0.8 g	Vitamins	
Fat	0.3 g	A	435 µg
Carbohydrate	11.8 g	B1	0.04 mg
Fiber	0.5 g	B2	0.03 mg
Minerals		Niacin	0.3 mg
Calcium	12 mg	C	78 mg
Phosphorus	22 mg		

Source : Nutrition Division, Department of Health
Ministry of Public Health. September 2001



PAPAYA

SUPER FRUIT FOR ALL





PASSION FRUIT

(GRANADILLA)

FRESH & SOUR



Name

Common name : **passion fruit (granadilla).**

Thai name : **sao-wa-rode.**

Scientific name : ***Passiflora edulis* Sims.**

Color : dark purple with white specks or yellow skin depending on cultivar.

Taste : slightly sour.

Shape : oval.

Availability : Sep.-Nov.

Jan	Feb	Mar	Apr	May	Jun
○	○	○	○	○	○
Jul	Aug	Sep	Oct	Nov	Dec
○	○	●	●	●	○

Preparation and eating

- Cut the passion fruit in half crosswise with a knife.
- Scoop the contents out with a spoon.
- Remove the seeds, with a sieve or cheese cloth if desired.

Uses : best served if chilled. Frozen can be used for dessert, baking, fruit salad and juice drink.

Storage : 3-4 days at ambient temperature.



Nutrition facts

Proximate nutritive value per 100 g edible portion

Energy	64 kcal	Iron	0.7 mg
Protein	1.8 g	Vitamins	
Fat	0.4 g	A	- μ g
Carbohydrate	15.2 g	B1	0.01 mg
Minerals		B2	0.06 mg
Calcium	20 mg	Niacin	1.4 mg
Phosphorus	48 mg	C	15 mg

Source : Nutrition Division, Department of Health
Ministry of Public Health. September 2001





PASSION FRUIT

(GRANADILLA)

FRESH & SOUR





PINEAPPLE

MILLION EYES



Name

Common name : **pineapple.**

Thai name : **sup-pa-rode.**

Scientific name : ***Ananas comosus Merr.***

Color : dark green or orange yellow rind, yellow flesh.

Taste : sweet and slightly sour.

Shape : cylindrical.

Availability : year-round, peak period : Apr.-Jul.

Jan	Feb	Mar	Apr	May	Jun
●	●	●	●	●	●
Jul	Aug	Sep	Oct	Nov	Dec
●	●	●	●	●	●

Preparation and eating

- Remove the skin including the eyes with a sharp knife.
- Cut the fruit lengthwise into 8 pieces, have the core removed.
- Cut the long pieces crosswise of about half an inch thick and arrange these small pieces on a serving plate.

Uses : eaten fresh, added in fruit or vegetable salad, used for making juice, jam, desserts and canned fruit.

Storage : 2-3 weeks at 7-13°C, 85-90% RH.

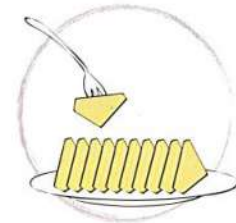
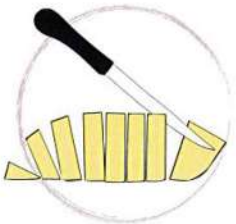
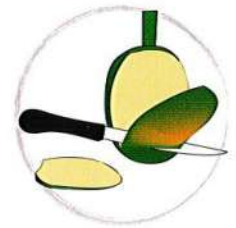


Nutrition facts

Proximate nutritive value per 100 g edible portion

Energy	69 kcal	Iron	0.31 mg
Protein	0.66 g	Vitamins	
Fat	0.13 g	A	24.1 μ g
Carbohydrate	16.36 g	B1	0.13 mg
Fiber	1.41 g	B2	0.05 mg
Minerals		Niacin	0.34 mg
Calcium	7.73 mg	C	10.6 mg
Phosphorus	9.31 mg		

Source : Nutrition Division, Department of Health
Ministry of Public Health. September 2001





PINEAPPLE

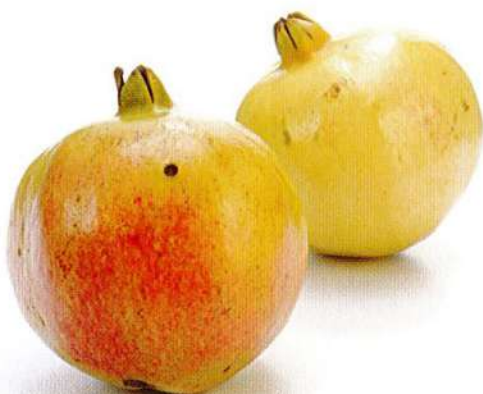
MILLION EYES





POMEGRANATE

RUBY FRUIT



Name

Common name : **pomegranate**.

Thai name : **tub-tim**.

Scientific name : ***Punica granatum L.***

Color : reddish-pink on yellow skin. Translucent red and pink pulp covering seeds

Taste : juicy and sweet.

Shape : round.

Availability : year-round, peak period : Jun.-Sep.

Jan	Feb	Mar	Apr	May	Jun
●	●	●	●	●	●
Jul	Aug	Sep	Oct	Nov	Dec
●	●	●	●	●	●

Preparation and eating

- Separate the fruit into halves by cutting only its circumference of the peel between stem and stylar end.
- Pry out the peel covering the pulp to separate the fruit.
- Remove any of the light-colored membrane that may adhere.

Uses : eaten fresh, garnished on sweet and desserts, or made into popular juice or drink.

Storage : Can be kept in cool and dark place for up to one month.

Pomegranate seeds packed in airtight container and stored in freezer can be kept for up to 3 months.

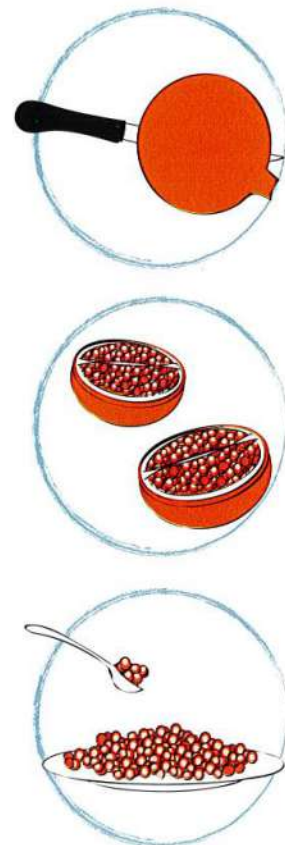


Nutrition facts

Proximate nutritive value per 100 g edible portion

Energy	72 kcal	Phosphorus	23 mg
Protein	1 g	Iron	0.7 mg
Fat	0.6 g	Vitamins	
Carbohydrate	17.7 g	B1	0.03 mg
Fiber	1.1 g	B2	0.05 mg
Minerals		Niacin	0.3 mg
Calcium	13 mg	C	7 mg

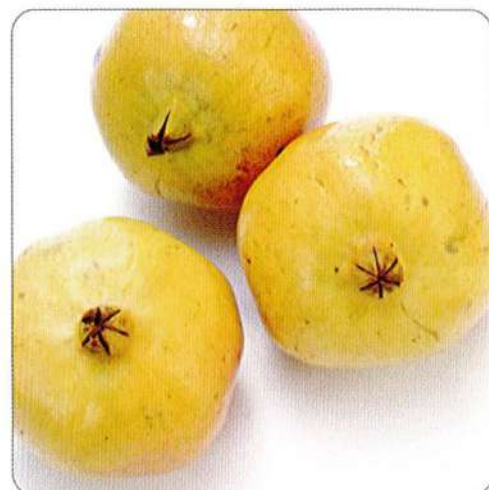
Source : Nutrition Division, Department of Health
Ministry of Public Health. September 2001





POMEGRANATE

RUBY FRUIT





PUMMELO

ROLLING STONE



Name

Common name : **pummelo.**

Thai name : **som-o.**

Scientific name : ***Citrus maxima* (Burman) Merr.**

Color : light green or yellow green skin, pink or honey yellow flesh depending on cultivars.

Taste : sweet with mild acidic and juicy.

Shape : globular.

Availability : year-round, peak period : Aug.-Dec.

Jan	Feb	Mar	Apr	May	Jun
●	●	●	●	●	●
Jul	Aug	Sep	Oct	Nov	Dec
●	●	●	●	●	●

Preparation and eating

- Carve off the outer green skin (flavedo) first.
- Remove the white spongy peel (albedo) to the membrane adjacent to the juice sac segment.
- The almost naked fruit is now split into halves along the groove of segments.
- Separate the pummelo segment and remove the septum membrane and seeds if any.

Uses : eaten fresh, added in fruit salad, and used for making juice or drink.

Storage : 4-6 weeks in ambient temperature.

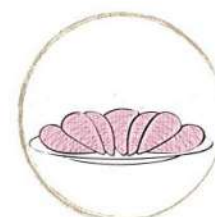


Nutrition facts

Proximate nutritive value per 100 g edible portion

Energy	44 kcal	Iron	- mg
Protein	0.5 g	Vitamins	
Fat	0.4 g	A	4 μ g
Carbohydrate	9.5 g	B1	0.07 mg
Fiber	0.7 g	B2	0.02 mg
Minerals		Niacin	0.4 mg
Calcium	9 mg	C	60 mg
Phosphorus	21 mg		

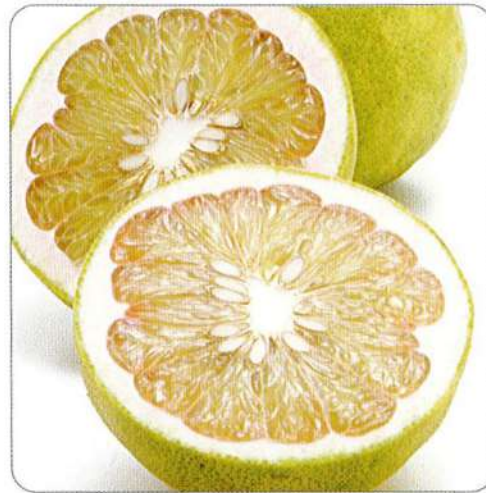
Source : Nutrition Division, Department of Health
Ministry of Public Health. September 2001





PUMMELO

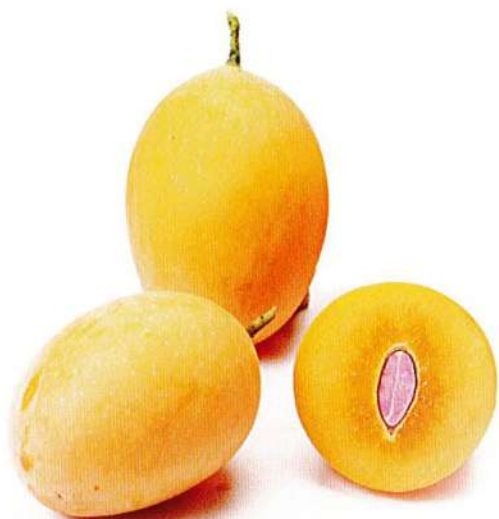
ROLLING STONE





MARIAN PLUM or MANGO PLUM

BEAUTIFUL AND DELICIOUS



Name

Common name : **marian plum or mango plum.**

Thai name : **ma-yong chit.**

Scientific name : ***Bouea burmanica* Griff.**

Color : yellowish orange skin and flesh.

Taste : sweet and slightly sour.

Shape : oval and rugby.

Availability : Jan.-Mar.

Jan	Feb	Mar	Apr	May	Jun
●	●	●	○	○	○
Jul	Aug	Sep	Oct	Nov	Dec
○	○	○	○	○	○

Preparation and eating

- The fruit skin should be peeled off before eating.

Uses : eaten fresh, but not the seed.

Juice, drink and preserves may be prepared.

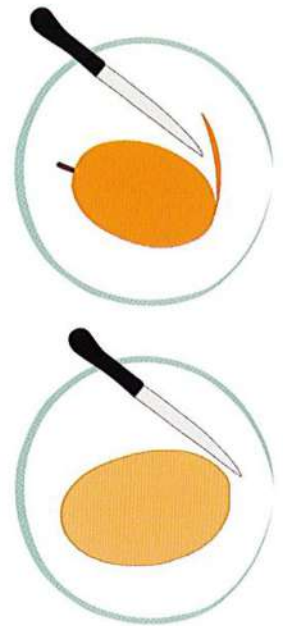
Storage : 10-15 days at 8-10 °C, 90-95% RH



Nutrition facts

Proximate nutritive value per 100 g edible portion

Energy	62 kcal	Phosphorus	13 mg
Protein	0.5 g	Iron	0.28 mg
Fat	0.3 g	Vitamins	
Carbohydrate	14.2 g	A	207 µg
Fiber	1.6 g	C	25 mg
Minerals			
Calcium	1 mg		



Source : Nutrition Division, Department of Health
Ministry of Public Health. September 2012



MARIAN PLUM or MANGO PLUM

BEAUTIFUL AND DELICIOUS





RAMBUTAN

.....
SNOWWHITE



Name

Common name : **rambutan**.

Thai name : **ngoh**.

Scientific name : ***Nephelium lappaceum* L.**

Color : bright red skin with green spinterns, white flesh.

Taste : sweet and aromatic.

Shape : ovate covered with spinterns.

Availability : Apr.-Aug.

Jan	Feb	Mar	Apr	May	Jun
●	●	●	●	●	●
Jul	Aug	Sep	Oct	Nov	Dec
●	●	●	●	●	●

Preparation and eating

- Cut the fruit lengthwise, or girdle the peel.
- Remove the peel and seed.

Uses : eaten fresh or frozen and added in fruit salad.

Rambutan can also be prepared for desserts, and canned fruit.

Storage : 2-3 weeks at 13-15 °C, 90-95% RH.

Do not leave the fruit directly exposed to ambient air, because the spintern and red rind will turn dark brown rapidly.

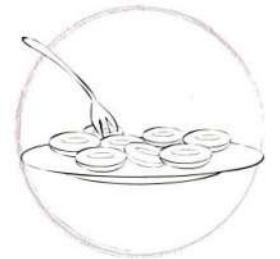
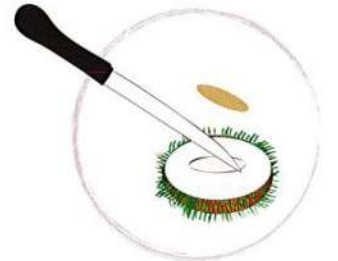
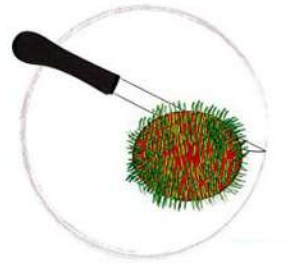


Nutrition facts

Proximate nutritive value per 100 g edible portion

Energy	76 kcal	Phosphorus	20 mg
Protein	1.0 g	Iron	0.3 mg
Fat	0.3 g	Vitamins	
Carbohydrate	17.4 g	B1	- mg
Fiber	1.6 g	B2	0.13 mg
Minerals		Niacin	1.3 mg
Calcium	29 mg	C	2 mg

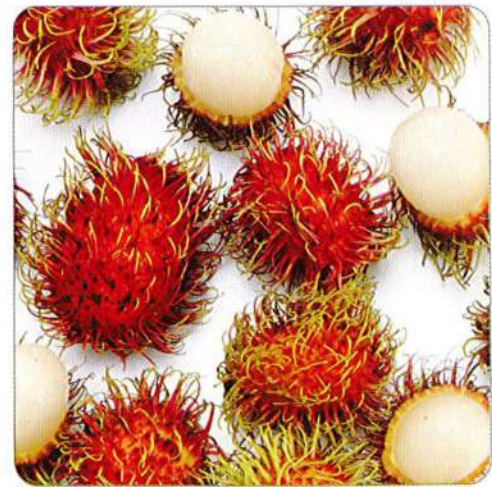
Source : Nutrition Division, Department of Health
Ministry of Public Health. September 2001





RAMBUTAN

SNOWWHITE





SALA

JUNGLE FRUIT



Name

Common name : **sala.**

Thai name : **sa-la.**

Scientific name : ***Salacca zalacca.***

Color : scaly reddish brown skin; thick, soft and juicy yellow flesh.

Taste : sweet with a touch of sour flavor.

Shape : rugby.

Availability : year-round.

Jan	Feb	Mar	Apr	May	Jun
●	●	●	●	●	●
Jul	Aug	Sep	Oct	Nov	Dec
●	●	●	●	●	●

Preparation and eating

- Hold the fruit with fingers of one hand.
- Break the skin at the small end with fingers of another hand.
- Peel off the skin.

Uses : eaten fresh, used to make drink and jam. It can be deseeded and soaked in syrup, then served chilled.

Storage : 8-10 days at ambient temperature.

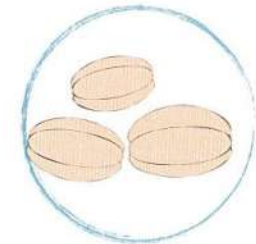


Nutrition facts

Proximate nutritive value per 100 g edible portion

Energy	74 kcal	Iron	- mg
Protein	0.4 g	Vitamins	
Fat	0.1 g	A	6 μ g
Carbohydrate	17.9 g	B1	0.01 mg
Fiber	0.3 g	B2	0.5 mg
Minerals		Niacin	0.8 mg
Calcium	- mg	C	24 mg
Phosphorus	- mg		

Source : Nutrition Division, Department of Health
Ministry of Public Health. September 2001



SALA

JUNGLE FRUIT





SANTOL
COTTON FRUIT



Name

Common name : **santol**.

Thai name : **kra-torn**.

Scientific name : ***Sandoricum koetjape* (Burm. F.) Merr.**

Color : golden yellowish brown skin and fluffy white flesh.

Taste : sweet.

Shape : generally round with a very thick velvety skin.

Availability : Jun.-Sep.

Jan	Feb	Mar	Apr	May	Jun
●	●	●	●	●	●
Jul	Aug	Sep	Oct	Nov	Dec
●	●	●	●	●	●

Preparation and eating

- Cut the fruit around at the equatorial section of the fruit.
- Open the fruit, and lift out the fluffy white flesh segments.

Uses : eaten fresh. The adjacent firm flesh can be served with light syrup and crushed ice as dessert.

This part can be prepared for many dishes.

Storage : About a week at ambient temperature (25-30°C).

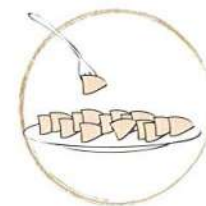
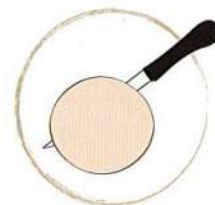


Nutrition facts

Proximate nutritive value per 100 g edible portion

Energy	57 kcal	Iron	1.2 mg
Protein	0.4 g	Vitamins	
Fat	0.7 g	A	- μ g
Carbohydrate	13.9 g	B1	0.05 mg
Fiber	1.0 g	B2	0.03 mg
Minerals		Niacin	0.9 mg
Calcium	9 mg	C	14 mg
Phosphorus	17 mg		

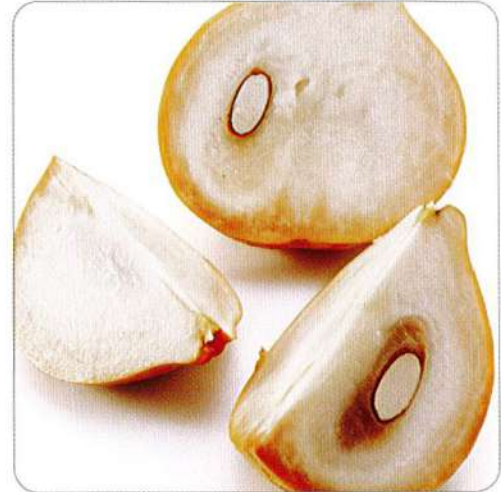
Source : Nutrition Division, Department of Health
Ministry of Public Health. September 2001





SANTOL

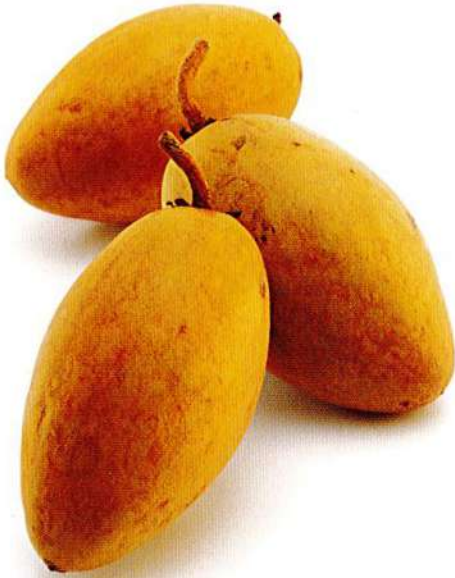
COTTON FRUIT





SAPODILLA

LITTLE BROWN



Name

Common name : **sapodilla.**

Thai name : **la-mood.**

Scientific name : ***Manikara zapota* (L.) P.Royen.**

Color : light brown or yellowish brown.

Taste : sweet.

Shape : oval and rugby.

Availability : Sep.-Dec.

Jan	Feb	Mar	Apr	May	Jun
○	○	○	○	○	○
Jul	Aug	Sep	Oct	Nov	Dec
○	○	●	●	●	●

Preparation and eating

- The fruit can be eaten when ripe.
- Slice the fruit either peeled or unpeeled lengthwise into four pieces and remove seeds.

Uses : eaten fresh.

Storage : 2-3 days at ambient temperature (25-30 °C).

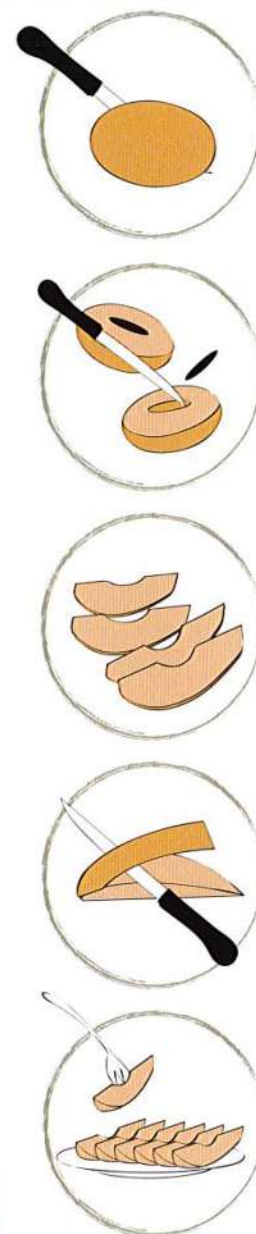


Nutrition facts

Proximate nutritive value per 100 g edible portion

Energy	93 kcal	Iron	0.6 mg
Protein	0.3 g	Vitamins	
Fat	0.8 g	A	4 μ g
Carbohydrate	21.2 g	B1	0 mg
Fiber	5.6 g	B2	0.01 mg
Minerals		Niacin	0.6 mg
Calcium	15 mg	C	24 mg
Phosphorus	6 mg		

Source : Nutrition Division, Department of Health
Ministry of Public Health. September 2001





SAPODILLA

LITTLE BROWN





SUGAR APPLE

TENDER AND SOFT



Name

Common name : **sugar apple**.

Thai name : **noi-na**.

Scientific name : ***Annona squamosa* L.**

Color : light green or greenish yellow skin and white flesh.

Taste : sweet and aromatic.

Shape : heart.

Availability : year-round, peak period : Apr.-Aug.

Jan	Feb	Mar	Apr	May	Jun
●	●	●	●	●	●
Jul	Aug	Sep	Oct	Nov	Dec
●	●	●	●	●	●

Preparation and eating

- Make sure it's ripe.
- The fruit is soft with aroma when ripe.
- Open the fruit by hands or have it cut lengthwise into halves.
- Scoop out the flesh to eat with a spoon, discarding seeds and skin.

Uses : eaten fresh or frozen. Ice cream can also be made.

Storage : 5-7 days at 12-15°C, 90-95% RH, 2-3 days at ambient temperature.

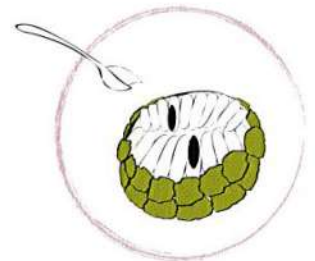
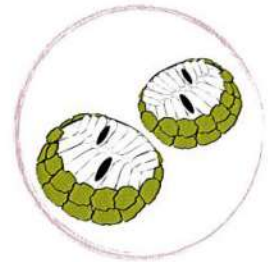


Nutrition facts

Proximate nutritive value per 100 g edible portion

Energy	98 kcal	Phosphorus	27 mg
Protein	1.4 g	Iron	0.4 mg
Fat	0.2 g	Vitamins	
Carbohydrate	22.6 g	B1	0.09 mg
Fiber	2.7 g	B2	0.09 mg
Minerals		Niacin	1.0 mg
Calcium	7 mg		

Source : Nutrition Division, Department of Health
Ministry of Public Health. September 2001





SUGAR APPLE

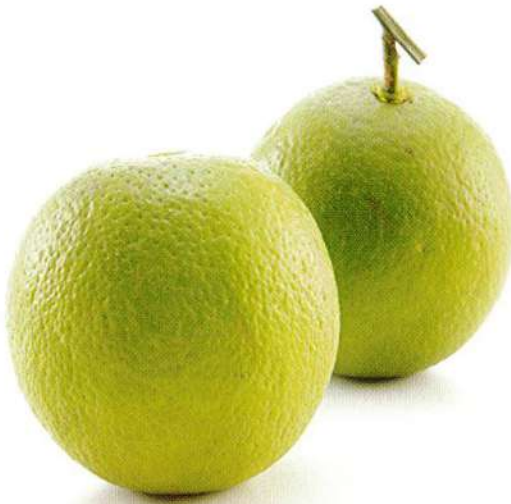
TENDER AND SOFT





SWEET ORANGE

FULL MOON



Name

Common name : **sweet orange.**

Thai name : **som-cheng.**

Scientific name : ***Citrus sinensis* Osb.**

Color : light green or greenish yellow skin with yellow flesh.

Taste : sweet and acidless.

Shape : round.

Availability : year-round, peak period : Jul.-Oct.

Jan	Feb	Mar	Apr	May	Jun
●	●	●	●	●	●
Jul	Aug	Sep	Oct	Nov	Dec
●	●	●	●	●	●

Preparation and eating

- Carve and remove outer skin.
- Cut the fruit longitudinally into 4 to 8 pieces.
- Remove the seeds.

Uses : eaten fresh, squeezed for juice.

Storage : 2-4 weeks at 2-5 °C, 90-95% RH.

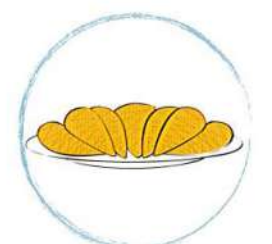
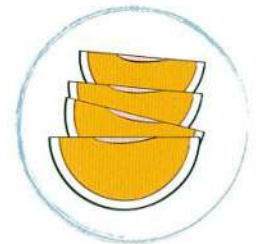
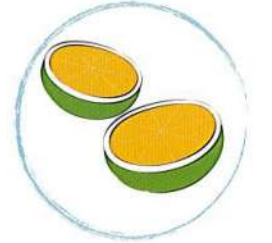
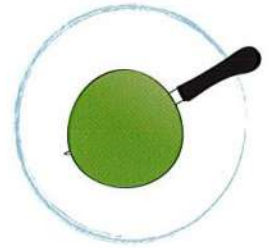


Nutrition facts

Proximate nutritive value per 100 g edible portion

Energy	52 kcal	Iron	0.4 mg
Protein	0.5 g	Vitamins	
Fat	0 g	A	10 μ g
Carbohydrate	12.6 g	B1	0.04 mg
Fiber	0.2 g	B2	0.04 mg
Minerals		Niacin	1.8 mg
Calcium	33 mg	C	71 mg
Phosphorus	23 mg		

Source : Nutrition Division, Department of Health
Ministry of Public Health. September 2001





SWEET ORANGE

FULL MOON





SWEET TAMARIND

SHELL FRUIT



Name

Common name : **sweet tamarind.**

Thai name : **ma-kham-waan.**

Scientific name : ***Tamarindus indica* L.**

Color : reddish brown flesh and brown shell.

Taste : sweet with slightly sour.

Shape : long or curve pod.

Availability : late Dec.-Feb.

Jan	Feb	Mar	Apr	May	Jun
●	●	○	○	○	○
Jul	Aug	Sep	Oct	Nov	Dec
○	○	○	○	○	●

Preparation and eating

- Crack a sweet tamarind pod and remove the shell.
- Remove the lateral vein fiber from the flesh.
- Arrange all sweet tamarind flesh on a plate.

Uses : eaten the fresh flesh, not the seed.

Storage : It is recommended to keep the fruit in plastic bag at ambient temperature.

- dry pods : 4 months
- dry flesh : 3 months

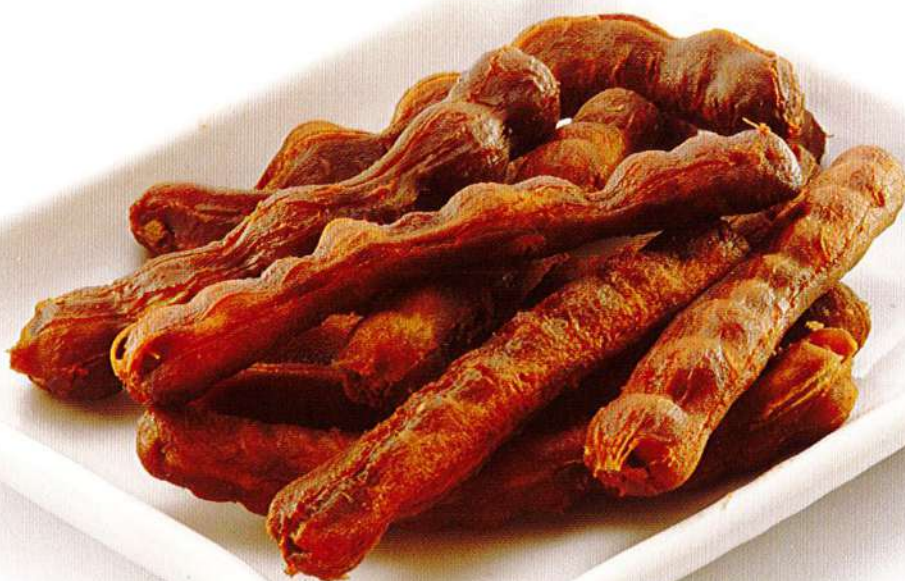
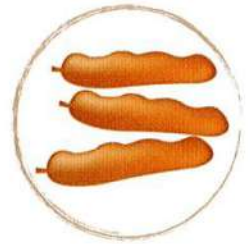


Nutrition facts

Proximate nutritive value per 100 g edible portion

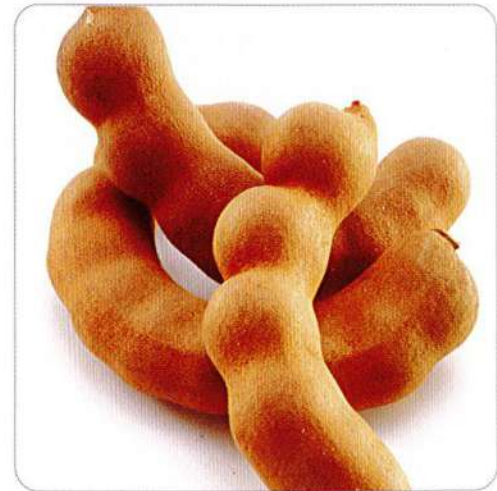
Energy	333 kcal	Iron	0.9 mg
Protein	2.9 g	Vitamins	
Carbohydrate	80 g	A	26 µg
Fiber	4.7 g	B1	0.46 mg
Minerals		B2	0.01 mg
Calcium	141 mg	Niacin	1.3 mg
Phosphorus	165 mg	C	75 mg

Source : Nutrition Division, Department of Health
Ministry of Public Health. September 2001



SWEET TAMARIND

SHELL FRUIT





TANGERINE

JUICY



Name

Common name : **tangerine or mandarin.**

Thai name : **som-khiaw-waan and sai-num-pheung.**

Scientific name : ***Citrus reticulata* Blanco.**

Color : greenish yellow or orange rind depending on season, with orange coloured flesh.

Taste : sweet with slightly sour.

Shape : flattened global.

Availability : year-round, peak period : Oct.-Feb.

Jan	Feb	Mar	Apr	May	Jun
●	●	●	●	●	●
Jul	Aug	Sep	Oct	Nov	Dec
●	●	●	●	●	●

Preparation and eating

- Peel the rind, separate the fruit in half and split into segments.

Uses : eaten fresh, with the whole segment excluding the seed. The fibrous tissue may or may not be removed depending on consumers' preferences on fiber.

Fresh squeezed juice can also be made as wishes.

Storage : 2-4 weeks at 2-5 °C, 90-95% RH.

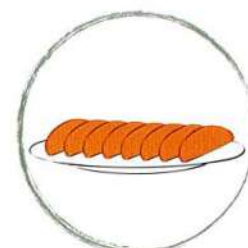
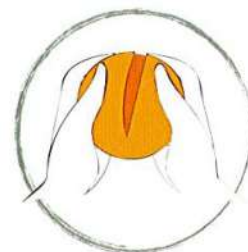


Nutrition facts

Proximate nutritive value per 100 g edible portion

Energy	42 kcal	Phosphorus	24 mg
Protein	0.6 g	Iron	0.8 mg
Fat	0.4 g	Vitamins	
Carbohydrate	9.0 g	A	13 μ g
Fiber	1.3 g	B1	0.04 mg
Minerals		B2	0.04 mg
Calcium	30 mg	Niacin	0.4 mg
		C	42 mg

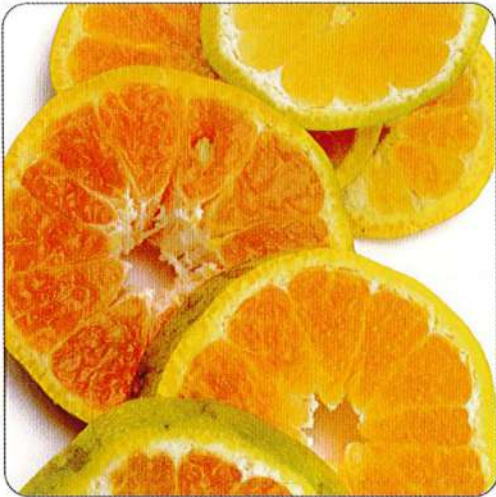
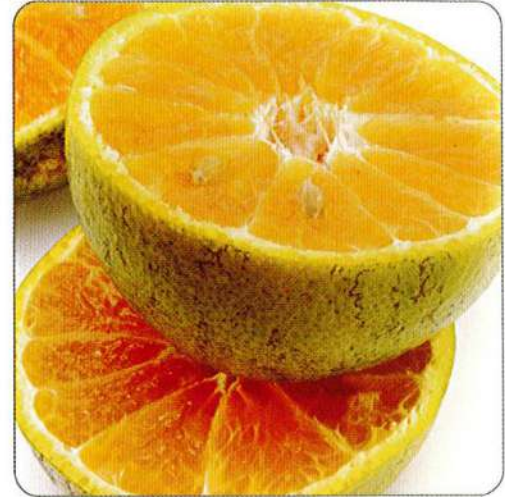
Source : Nutrition Division, Department of Health
Ministry of Public Health. September 2001





TANGERINE

JUICY





TODDY PALM

FRESH & MILD SWEET



Name

Common name : **toddy palm.**

Thai name : **look-tarn.**

Scientific name : ***Borassus flabellifer L.***

Color : creamy white skin, white flesh.

Taste : mild sweet.

Shape : flat oval.

Availability : year-round.

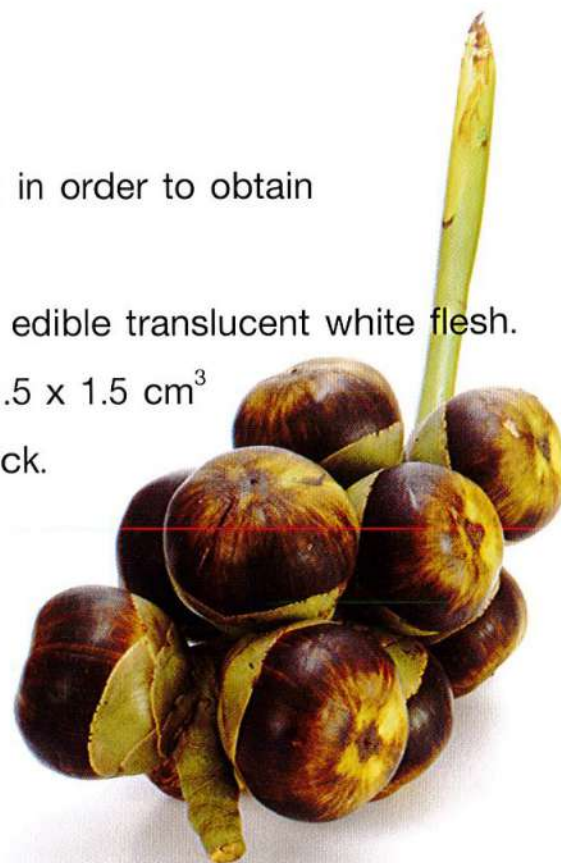
Jan	Feb	Mar	Apr	May	Jun
●	●	●	●	●	●
Jul	Aug	Sep	Oct	Nov	Dec
●	●	●	●	●	●

Preparation and eating

- Cut off the outer thick husk of black skin in order to obtain the young seed of creamy white skin.
- Peel off the creamy white skin to get the edible translucent white flesh.
- Cut this flesh into cubes of about $1.5 \times 1.5 \times 1.5 \text{ cm}^3$ or have it sliced lengthwise of 0.5 cm. thick.

Uses : eaten fresh or eaten with light syrup and crushed ice.

Storage : 1 day at ambient temperature. It is recommended to keep the creamy white color fruit refrigerated.

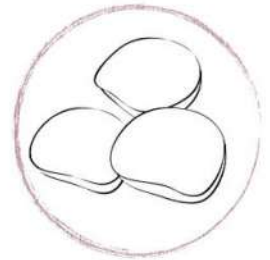
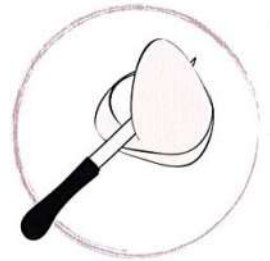
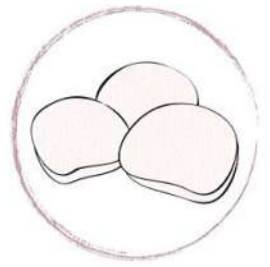


Nutrition facts

Proximate nutritive value per 100 g edible portion

Energy	49 kcal	Phosphorus	20 mg
Protein	0.5 g	Iron	1.7 mg
Fat	1 g	Vitamins	
Carbohydrate	9.5 g	B1	0.03 mg
Fiber	0.5 g	B2	0.01 mg
Minerals		Niacin	0.5 mg
Calcium	6 mg	C	2 mg

Source : Nutrition Division, Department of Health
Ministry of Public Health. September 2001





TODDY PALM

FRESH & MILD SWEET





WATERMELON

SUMMER DELIGHT



Name

Common name : **watermelon.**

Thai name : **taeng-mo.**

Scientific name : ***Citrullus lanatus.***

Color : dark or light green skin with longitudinal, dark green stripes red or yellow flesh depending on varieties.

Taste : sweet and juicy.

Shape : globular or oblong.

Availability : year-round, peak period : Oct.-Mar.

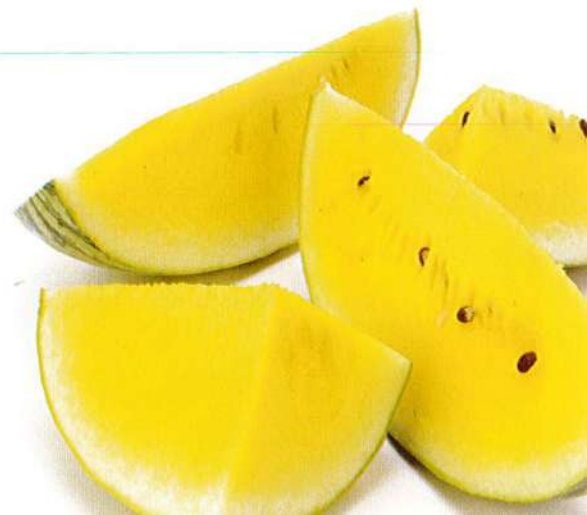
Jan	Feb	Mar	Apr	May	Jun
●	●	●	●	●	●
Jul	Aug	Sep	Oct	Nov	Dec
●	●	●	●	●	●

Preparation and eating

- The fruit can be sliced lengthwise from its stalk into 8 pieces.
- Cut the flesh and skin crosswise into pieces.
- Pass the knife blade between the skin and the flesh, keep the flesh stay on the skin.
- Cut the flesh crosswise into pieces.
- The flesh can also be cubed or scooped into balls.

Uses : eaten fresh, added to fruit salad and made into juice.

Storage : 5-7 days at ambient temperature (25-30°C).

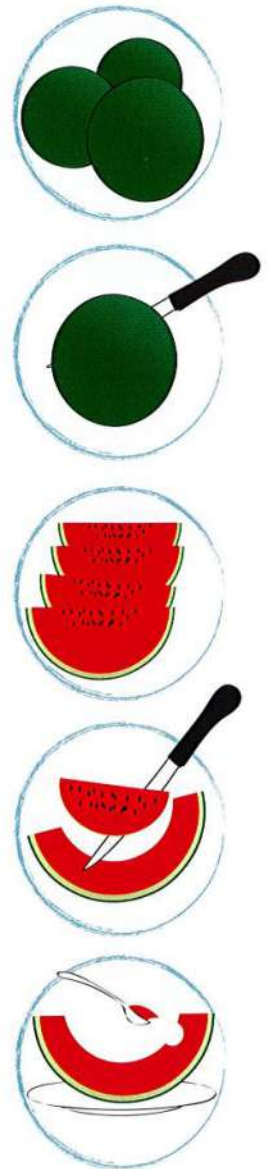


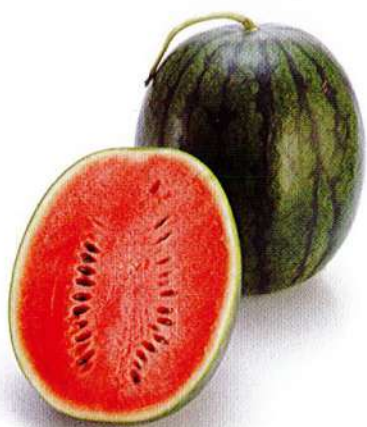
Nutrition facts

Proximate nutritive value per 100 g edible portion

Energy	31 kcal	Iron	0.22 mg
Protein	0.7 g	Vitamins	
Carbohydrate	7.5 g	A	- μ g
Fat	0.1 g	B1	0.03 mg
Fiber	0.4 g	B2	0.03 mg
Minerals		Niacin	0.2 mg
Calcium	3 mg	C	8 mg
Phosphorus	10 mg		

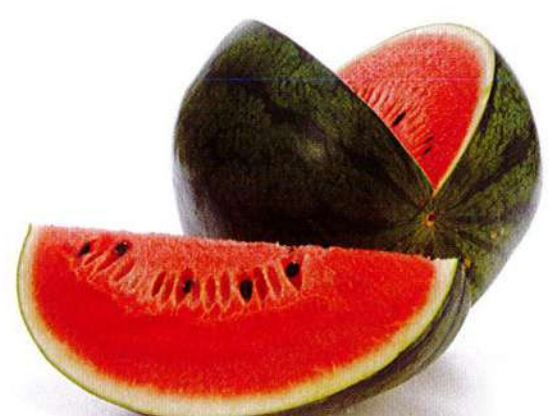
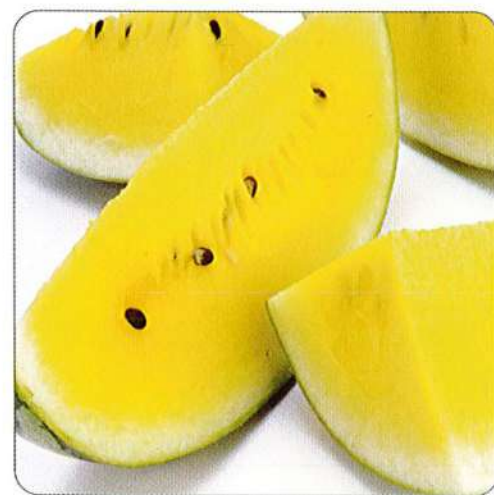
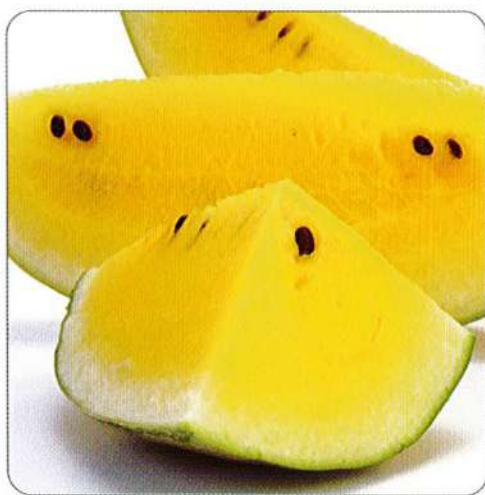
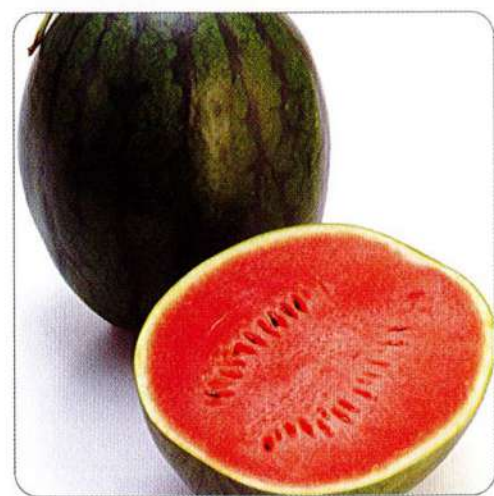
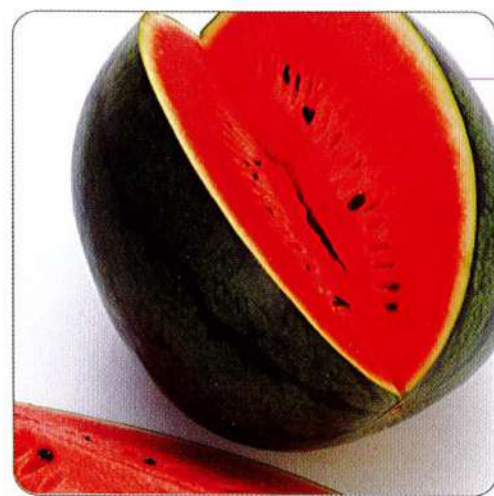
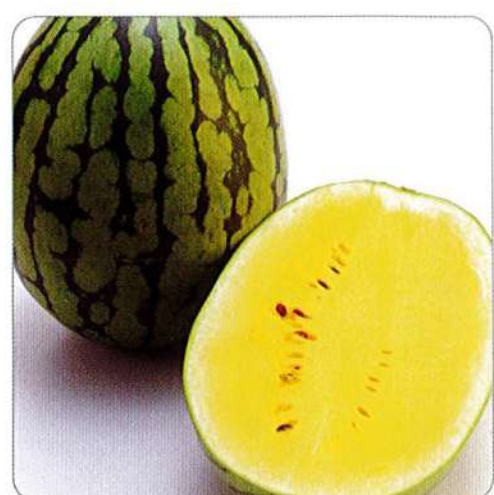
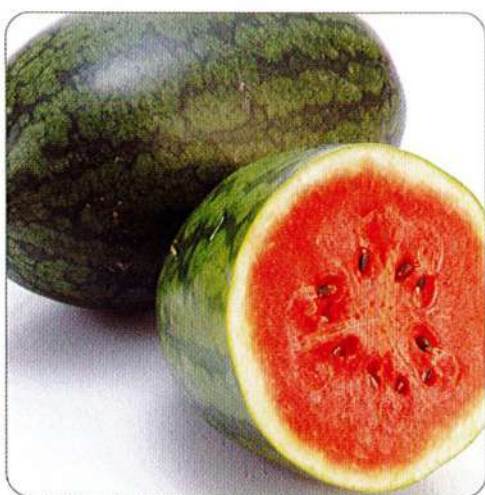
Source : Nutrition Division, Department of Health
Ministry of Public Health. September 2001





WATERMELON

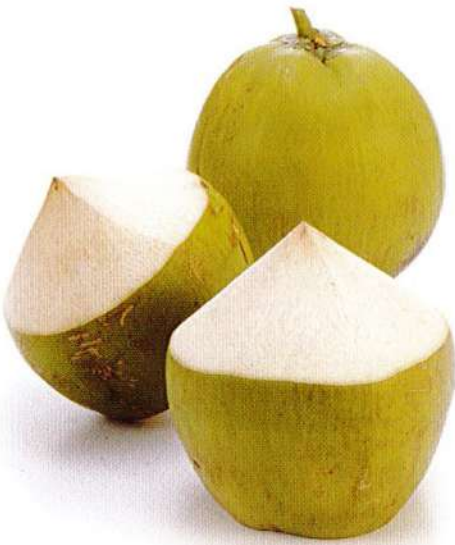
SUMMER DELIGHT





YOUNG COCONUT

BEACH PARADISE



Name

Common name : **coconut.**

Thai name : **ma-phrao-on.**

Scientific name : ***Cocos nucifera* L.**

Color : light green skin; white flesh.

Taste : tender and light creamy flesh; sweet and aromatic water.

Shape : globular with dual conal ends.

Availability : year-round.

Jan	Feb	Mar	Apr	May	Jun
●	●	●	●	●	●
Jul	Aug	Sep	Oct	Nov	Dec
●	●	●	●	●	●

Preparation and eating

- Pare the outer rind (husk) at the bottom (stylar end) of the coconut (opposite the stalk) to the shell.
- Cut open the bottom (shell) of the fruit wide enough for a spoon to scrape the flesh inside.

Uses : drinking fresh juice with a straw. The white flesh can be served with the juice or used it for pie and desserts.

Storage : (de-husked or shaped young fruit)

- wrapped : 3-4 weeks at 3-6 °C, 90-95% RH.
- non wrapped : 2-7 days at ambient temperature.

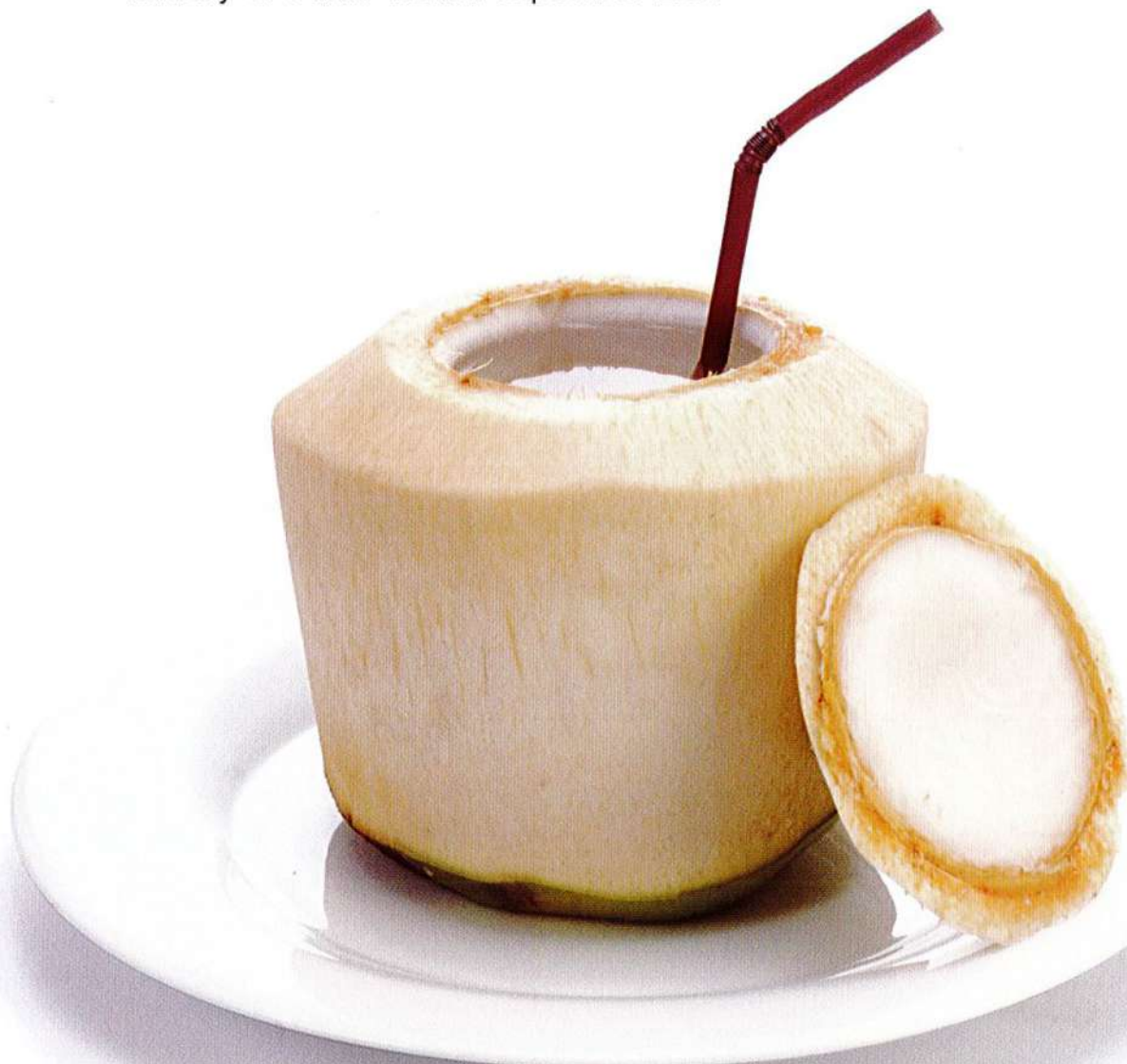
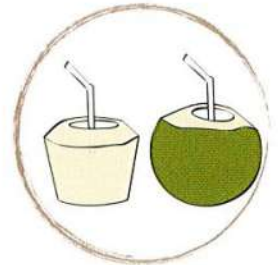
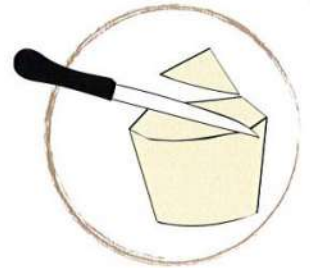


Nutrition facts

Proximate nutritive value per 100 g edible portion

Energy	51 kcal	Phosphorus	48 mg
Protein	1.4 g	Iron	0.55 mg
Fat	3.0 g	Vitamins	
Carbohydrate	4.6 g	C	6 mg
Fiber	1.6 g		
Minerals			
Calcium	6 mg		

Source : Nutrition Division, Department of Health
Ministry of Public Health. September 2001





YOUNG COCONUT

BEACH PARADISE



ALL ABOUT JUICES



WATERMELON JUICE



PASSION FRUIT JUICE



DRAGON FRUIT JUICE



GUAVA JUICE



LYCHEE JUICE



TANGERINE JUICE



LONGAN JUICE



PINEAPPLE JUICE

An easy way to enjoy magnificent taste of tropical Thai fruits is to extract the juice out of the fruits. Preparations range from a simple fresh squeezing to fruit juice extractor or have it blended in a food processor to make smoothie.

Tips

Sometimes fresh juices are not up to your taste, drops of syrup or lime juice may improve the taste at your desire. However, a dash of salt can help enhancing the flavor.



PACKAGE & PACKAGING





ONLY A SMALL BITE OF THEM CAN
ENVISAGE THE NEW WORLD OF
TROPICAL THAI FRUITS

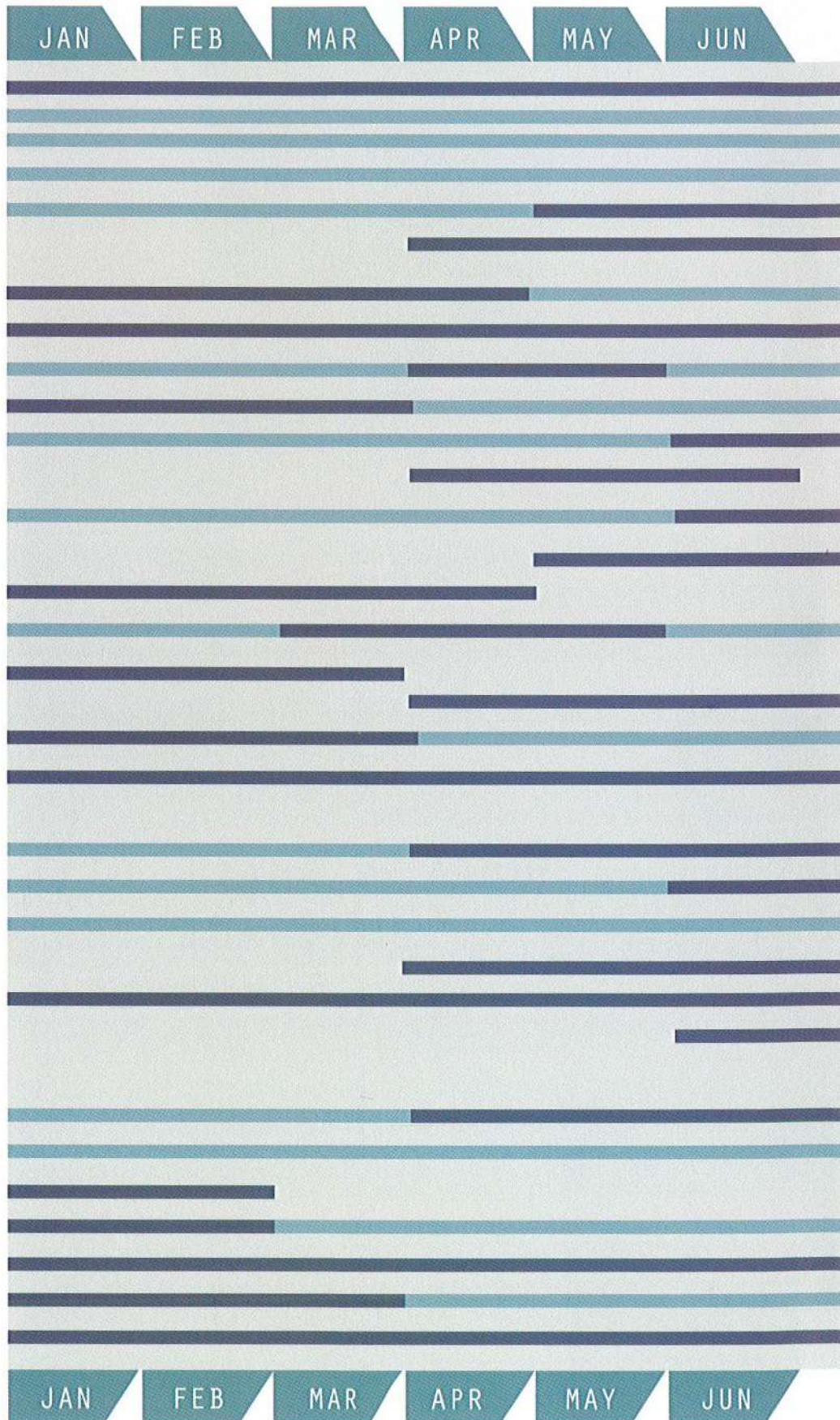


CRISPY

JACKFRUIT
MIXED FRUIT



FRUITING SEASON



PEAK PERIOD 
 AVAILABILITY 

JUL AUG SEP OCT NOV DEC



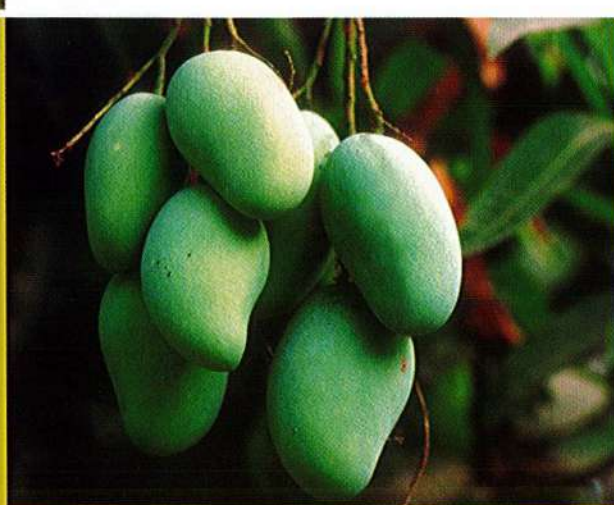
- BANANA
- KLUAI-KHAI
- CANTALOUPE
- CARAMBOLA
- DRAGON FRUIT
- DURIAN
- GRAPE
- GUAVA
- JACKFRUIT
- JAVA APPLE
- JUJUBE
- LYCHEE
- LONGAN
- LONGKONG
- MAMEAW POMERAC
- MANGO, GREEN MANGO
- MARIAN PLUM OR MANGO PLUM
- MANGOSTEEN
- MUSKMELON (THAI MUSKMELON)
- PAPAYA
- PASSION FRUIT
- PINEAPPLE
- POMEGRANATE
- PUMMELO
- RAMBUTAN
- SALA
- SANTOL
- SAPODILLA
- SUGAR APPLE
- SWEET ORANGE
- SWEET TAMARIND
- TANGERINE
- TODDY PALM
- WATERMELON
- YOUNG COCONUT

JUL AUG SEP OCT NOV DEC



ORCHARD

GAP : GOOD AGRICULTURAL PRACTICES
AS AN EXPORTING COUNTRY OF AGRICULTURAL
COMMODITIES AND FOOD, THAILAND HAS
INTRODUCED GAP, AIMING AT ASSURING
THE MAXIMUM QUALITY OF FRUIT ESPECIALLY IN
THE APPROPRIATE USE OF AGRO-COMPLEMENTS,
HYGIENE AND SAFE PRACTICES AND OTHERS.



PACKING HOUSE



TRANSPORTATION









National Bureau of Agricultural Commodity and Food Standards (ACFS)
Ministry of Agriculture and Cooperatives