

BITTER MELON



The bitter melon is the fruit of a climbing plant native to Asia. The height of this plant can reach 5 meters in length and it is cultivated in hot or temperate climates. The fruit, leaves and seeds are edible and are known for its medicinal benefits.

AVAILABILITY AND PROVENANCE

✓ PROVENANCE

JANUARY FEBRUARY MARCH APRIL MAY JUNE JULY AUGUST SEPTEMBER OCTOBER NOVEMBER DECEMBER

DOMINICAN REPUBLIC

CALIFORNIA



TARGET CUSTOMER: INDIAN & ASIAN

OPTIMAL TEMPERATURE FOR CONSERVATION

12°C

PURCHASE GUIDE

Look for bitter melons that are dark green and firm to the touch.

CONSUMPTION

As its name suggests, the fruit has a bitter taste. Bitter melons can be eaten in salads, in a stir-fry or even stuffed. Find your favorite recipes with bitter melon!

NUTRITIONAL VALUE

The bitter melon is used in medicine to treat many health problems. The fruit has a very high content of vitamin C and vitamin B9. The bitter melon also has many impressive benefits. It is antidiabetic, anti-inflammatory, and helps against obesity and cancer.

