

LYCHEE



The lychee comes from a fruity tree native to China. It is of the same family as the rambutan and the longan. Its culture can be traced back more than 2000 years. The fruit is surrounded by a rough shell and grows on hanging bunches of the lychee tree, which can reach up to 20 meters.

AVAILABILITY AND PROVENANCE

PROVENANCE

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

MEXICO



BRAZIL



MADAGASCAR



CHINA



TARGET CUSTOMER: ASIAN

OPTIMAL TEMPERATURE FOR CONSERVATION

3 - 7°C (35 - 50°F)

PURCHASE GUIDE

Look for lychees with coloured skin that is not wrinkled or torn. They should have a light fragrance and be free of mold.

CONSUMPTION

Lychees are easy to eat because they are small in size and can be eaten as bites. The skin must be removed as well as the core inside. They can be eaten raw, in juices, in fruit salads and more. It is important to keep the lychee in the refrigerator to conserve its freshness.

NUTRITIONAL VALUE

The lychee contains 80% water which makes it very refreshing. It is also rich in vitamin C, vitamin B and carbohydrates.

