

LYCHEE

Hawaiian Name: *Laikī*

Common Names: Lychee, litchi, alligator strawberry

Scientific Name: *Litchi chinensis*

Origin: Southern China

Plant Part Eaten: Fruit



Locally Grown...

- Lychee was introduced to Hawai'i in 1873. It was planted at the corner of Nu'uuanu and School Streets in Honolulu.
- Lychee can be grown in almost any type of soil from sea level to 2000 feet.
- Lychee is a popular backyard tree in Hawai'i.
- 'Kaimana' is a popular lychee variety because of its sweet flavor and large fruit size. 'Groff' and the Chinese cultivar 'Kwai Mi' are also recommended for growing in Hawai'i. Other lychee varieties grown in Hawaii are 'Souey Tung', 'Hak Ip', 'Tai So', 'Brewster', and 'Bosworth 3'.
- Fruiting usually occurs from May to August in Hawai'i.

Where else it's grown in the world...

Lychee are grown in China, Southeast Asia, Australia, Africa, South America, and Puerto Rico.



Nutrition Info...

- Lychee is a good source of Vitamin C, an antioxidant that helps prevent damage by free radicals to our body's cells.
- Lychee provides copper, a trace mineral the body needs for strong bones, healthy tissues, and energy production.

Meet a Farmer...

Farm: Poki Fruits

Farmers: Arman Wiggins

Location: Honomū, Hawai'i Island

Website: pokifruits.com



Linus Wiggins

Poki Fruits is a small family-operated farm. Major crops are rambutan, lychee and longan, along with a smaller amount of durian and navel oranges. Most of the fruit grown on the farm is sold locally in Hawai'i, except for the rambutan. Poki Fruits' rambutan harvest is sold to restaurants and food distributors on the US mainland through the Hawai'i Tropical Fruit Grower's Coop.

In the Garden...

- Grafted or airlayered lychee trees provide the best quality fruit.
- Young lychee trees are sensitive to wind, so plant near bananas or other plants that will serve as a windbreak.
- Depending on the variety, select a location that is 18-24 feet from other trees.



- Dig a hole twice as wide as the pot. Fill in with a mixture of rich compost and soil.
- Plant tree so that its base is even with surrounding soil.
- Mulch regularly to keep soil moist and minimize weeds. Mulch should be kept away from tree trunks.
- Prune back 12 inches from all branches during or after harvest.

Let's Get Cooking... Lychee Ginger Salad

Ingredients

- 2 pounds of lychees in the shell
- 2 tablespoons freshly squeezed lime juice
- 2 tablespoons diced, candied ginger (from about a one-half ounce chunk of candied ginger)

Directions

1. Peel the lychees and place them in a medium-sized bowl.
2. Drizzle the lime juice over them, then add the diced ginger.
3. Toss until all the ingredients are combined.
4. Garnish with a thick curl of lime zest and serve immediately.



Makes 4 to 6 (dessert) servings.

Recipe by Susan Herrmann Loomis, Epicurious.com, January 2001



Reminder: Please compost your food waste.

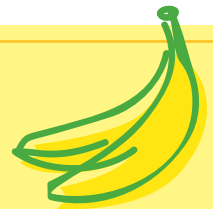


What can you make with lychee?

Lychee are refreshing in drinks, stuffed with cottage cheese and nuts, or baked with meats. You can eat them as part of a salad, puree for ice cream and sorbets, or add to shave ice and other desserts. They are popular in drinks and also delicious all by themselves.

Did you know?

1. There are approximately 15-20 'Kaimana' lychee fruits per pound.
2. Lychee was first cultivated in China, where it has a recorded history of at least 2100 years. Lychee do not grow well in northern China, so emperors would send horsemen to southern provinces for the fresh, rare fruit.
3. In China, over 35 million pounds are produced each year.
4. Honey made from Lychee orchards is a high quality, light amber color, with a slight hint of lychee.
5. The seed is not edible and should not be eaten. It will upset the digestive system.
6. When dried, lychee has a smoky flavor.
7. It is a member of the soapberry family.
8. Longan and rambutan are both related to lychee.



Fresh Choice Hawaiian Harvest celebrates the diverse, nutritious, and delicious bounty grown in Hawai'i, encouraging children and their families to eat more locally grown fresh fruits and vegetables. The Fresh Choice Hawaiian Harvest Toolkit includes educational resource sheets, family take-home letters, produce preparation sheets, and a poster showcasing Hawai'i-grown crops. For downloads and more information, visit www.kokuahawaiifoundation.org/HawaiianHarvest.

Funding for the Fresh Choice Hawaiian Harvest program was provided by the Hawai'i Department of Agriculture Specialty Crop Block Grant. Photos by Anthony Ching, Kōkua Hawai'i Foundation, and Shutterstock unless noted otherwise.