

FOOD PREPARATION STEPS



1. Wash lychee thoroughly under cool running water.



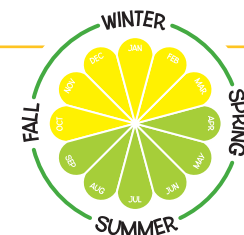
2. (Optional) Score the outer skin of the fruit before serving. Fruit may also be served whole, allowing students to remove the skin themselves.



Lychee were originally cultivated in Asia, but have been grown in Hawai'i for many years. The Kaimana variety is most well-known in the islands. It has a delicious, sweet taste, a relatively large fruit, and a small seed.



Lychee is an excellent source of vitamin C, which contributes to a strong immune system. Lychee also provide B vitamins thiamin, niacin, and folate, which help our bodies to metabolize food. The sweet fruits are often eaten as a dessert and can be a healthier alternative to treats made with refined sugars.



AVAILABILITY: ● PEAK ● MODERATE ● LOW

- Lychee are available in Hawai'i from May through September.
- Look for darker colored fruits that are heavy for their size. Brownish spots can indicate greater sweetness.
- Avoid fruits that are wet, soft, or cracked.
- Lychee can be refrigerated for up to 10 days in sealed containers or plastic bags.
- Lychee do not ripen after harvest so must ripen on the tree.
- Plan for collecting and composting inedible lychee skins and seeds.

**Seasonality varies with location and from year to year.*

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, take-home letters, food preparation tip sheets, and posters that highlight Hawai'i-grown crops. Downloads of Fresh Choice Hawaiian Harvest Materials, and more information are available at www.kokuahawaiiifoundation.org/HawaiianHarvest. Funding for the Fresh Choice Hawaiian Harvest program was provided by the Hawai'i Department of Agriculture Specialty Crop Block Grant. Photos: Anthony Ching, Lydi Morgan Bernal, and shutterstock.com.