


Longan – (Dimocarpus longan)

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|--|------------|-----|-----|---------------------------|-----|-----|
|  <p>Longan</p> | Potassium | 266 | mg | Vit A | - | IU |
| | Phosphorus | 21 | mg | Vit B1 (Thiamine) | 0 | mg |
| | Magnesium | 10 | mg | Vit B2 (Riboflavin) | 0.1 | mg |
| | Calcium | 1 | mg | Vit B3 (Niacin) | 0.3 | mg |
| | Iron | 0.1 | mg | Vit B5 (Pantothenic Acid) | - | mg |
| | Selenium | - | mcg | Vit B6 | - | mg |
| | Manganese | 10 | mg | Vit B9 (Folate) | - | mcg |
| | Copper | 0.2 | mg | Vit C | 84 | mg |
| | Zinc | 0.1 | mg | Vit E | - | mg |
| | Fibre | 1.1 | g | Vit K | - | mcg |

Order Information:

1. Shipping Size: 4'x4'x4' Air Freight
2. Shipping Weight: lbs / Kg
3. Fruit Size:
4. Fruit # (Est.):
- 5.

Availability / Crop Season:

- | | | |
|---------|-----------|--------------|
| Fresh: | Jan – Dec | (Year Round) |
| Dried: | Jan – Dec | (Year Round) |
| Frozen: | N/A | |

Description: Size: 2-3cm diameter. Skin: Hard leathery shell, easy to break. Flesh: white, juicy, and aromatic with excellent flavor. Taste: Similar to Lychee fruit and reserves twice as long.

Longan is China's gift to Southeast Asia, where it was brought by Chinese emigrants hundreds of years ago. It is known as "dragon's eye" (because of an ovoid, white eye shaped mark on the pit). *Longan* has been referred to as the "little brother of the lychee". The fruit taste is similar and its season follows that of the lychee, thereby, extending the period when this type of fruit is available.

Longan is more widely used in Oriental medicine than for eating. It contains potent anti-oxidants, broad spectrum nutrients and boasts an extensive history in treating numerous disease conditions.

Longan is frequently eaten fresh and is sometimes used instead of lychees or cherries in fruit salads and as garnish for cocktail drinks. *Longan* can also be cooked with delicious results. The Japanese and Chinese will also dry the fruit and then use it as a tea drink.

For further information, please visit: <http://tmfflorida.com/>

