



Amazing Fruits in Thailand









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Introduction

Thailand is one of the best areas to produce tropical fruits. There are plentiful of gorgeous tasting fruits such as durian, mangosteen, rambutan, longan, mango, pineapple, pummelo, and fragrant coconut. Moreover, Thailand unceasingly does researches and developments on production technologies in order to produce high quality and all year round of fruits (fruit calendar). Besides, there are certification standards for good agricultural practices (GAP) and good manufacturing practices (GMP) to provide safety products to consumers.

Examples of the important tropical fruits in Thailand

Fruit crops	Descriptions
Durian "Monthong" 	Taste: Sweet and aromatic Nutritional value: High in carbohydrate, phosphorus, calcium, protein and vitamin A
Longan "Do" 	Taste: Sweet and fragrant Nutritional value: High in sugar, phosphorus, vitamin C and calcium

Fruit crops	Descriptions
Mangosteen 	Taste: Sweet, juicy, mild fragrant Nutritional value: High in calcium, vitamins B1, B2, C, phosphorus, various minerals and dietary fiber
Rambutan "Rong Rian" 	Taste: Sweet and fragrant Nutritional value: High in vitamins C, potassium, various minerals and dietary fiber
Mango "Namdokmai" 	Taste: Sweet and fragrant Nutritional value: High in vitamin A, C, various minerals and dietary fiber
Pineapple "Trat Sithong" 	Taste: Pungent sweet fragrant Nutritional value: High in vitamin A, C, calcium, phosphorus, and dietary fiber

Fruit crops

Descriptions

Coconut "Nam Hom"



Taste:
Tender flesh, sweet and aromatic water

Nutritional value:
High in copper, calcium, potassium, phosphorus, vitamin C, B1, B2, magnesium and manganese

Longkong



Taste:
Sweet with slightly sour and fragrant

Nutritional value:
High in vitamins C, B1, niacin and phosphorus

Banana "Kluai Hom" (AAA group)



Taste:
Sweet with mild aroma

Nutritional value:
High in carbohydrate, vitamin C, B6, A, calcium, phosphorus and potassium

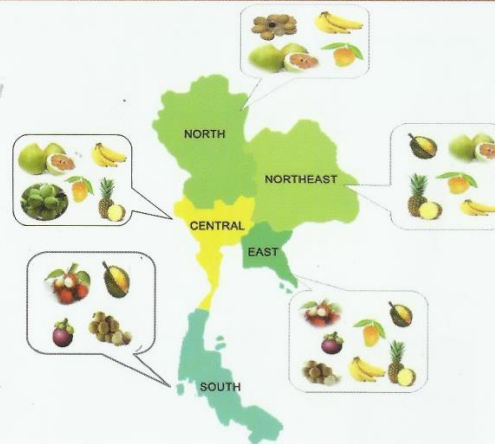
Pummelo "Thongdee"



Taste:
Sweet and juicy

Nutritional value:
High in phosphorus, vitamins C, B1, and A

Fruit planting areas



Fruit crops	Harvested areas (ha)
Mango	341,054
Longan	168,338
Durian	91,268
Pineapple	79,080
Mangosteen	66,017
Long-kong	57,804
Rambutan	45,305
Pummelo	26,720
Lychee	21,064
Tangerine	13,073
Banana(Hom Thong;AB)	13,862
Banana(Khai;AA)	5,471

GAP & GMP Certification



Fruits Calendar in Thailand

Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Jan	On	On										
Feb	On	On										
Mar			On	On								
Apr				On	On							
May					On	On						
Jun						On	On					
Jul							On	On				
Aug								On	On			
Sep									On	On		
Oct										On	On	
Nov											On	On
Dec												On



off season

