

LOCAL FRUITS GUIDE



PASSION FRUIT

SAO - WA - ROT

Sour, tasty and used in cocktails and juices to add that unique sharp taste. Cut it in half, scoop it out, and eat all the fruit, seeds and juice. It is also great for breakfast with yoghurt.



ORANGE

SOM

Most Thai oranges are grown in Chiang Mai Province and are unique as they are usually green when ripe. These oranges have a delightful blend of sourness and sweetness, with the initial sourness giving way to a pleasant taste.



GUAVA

FA - RANG

Guava has a green or yellowish-green skin and the juicy flesh can be white or pink. Thais eat them quite hard like an apple though in most countries they are eaten soft. Eat like an apple with or without skin.



MANGO

MA - MUANG - NAM - DOK - MAI

Nam Dok Mai is the renowned mango variety from Thailand, though so many other varieties exist. Its smooth, non-fibrous, velvety flesh has a sweet and aromatic flavour. Cut the skin off and taste on the world's greatest fruits.



ROSE APPLE

CHOM - PHU

Thai rose apples are light, watery, and low in calories and fat, making them a great snack option for people who are watching their weight. Eat like an apple with the skin on.



DRAGON FRUIT

KAEW - MANG - KRON

Red or yellow on the outside and white, yellow, or red on the inside. It is an amazing-looking fruit from the cactus family with a solid, juicy interior. Cut in half and scoop out the middle



RAMBUTAN

NGOR

Red and hairy on the outside, soft, white, and juicy on the inside with sweet and slightly acidic flesh. It is similar to a lychee but has a unique taste. Peel off the shell with your thumb and be careful of the large seed inside



WOLLONGONG

LONG - KONG

Pale yellow or light brown peel, this fruit has an amazing delicate flavour. Peel off the skin and do not worry about the stickiness on your fingers, but be careful of the large seed.



LONGAN

LAM - YAI

This fruit is like a lychee but less aromatic in taste. The longan seed is small, round, hard and black so be careful when biting in. Peel off the skin and taste away, they are quite addictive.



SWEET TAMARIND

MA - KHAM - WAN

With a sweet and tangy flavour, not many of you would have tried fresh tamarind. It has a brown, pod-like appearance with a sticky pulp inside and is often used in cooking, sauces, chutneys and beverages. Peel off the skin and suck the flesh around the seeds.



SAPODILLA

LA - MUT

The fruit of the Sapodilla is a large ellipsoid berry, 4–8 cm in diameter, containing two to five seeds. Inside, its flesh ranges from a pale yellow to an earthy brown colour with a taste akin to a date's. Peel the skin and enjoy this unique fruit.



LYCHEE

LIN - JEE

Sweet and fragrant, it has a rough, reddish-brown skin like a golf ball that can be easily peeled to reveal juicy, translucent flesh, but be careful of the large seed. Lychee is enjoyed fresh as a snack, in deserts or as a juicy fresh fruit.