

KFRESH
by first pick®

a project by
euro-atlantic



Availability
Nov - Apr

Sweet & Juicy

Korea Strawberry



Availability
Apr - Aug

Eat with seeds

I'm Sweet

Korea Chamoe
Korea Yellow Melon



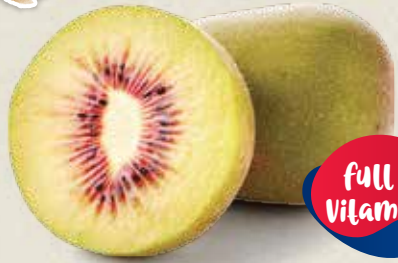
FUN FACT The centre part of the fruit including the seeds is the sweetest & the most nutritious.



Availability
Sept - May

I'm Crisp, Sweet & Juicy

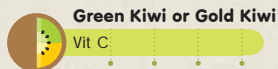
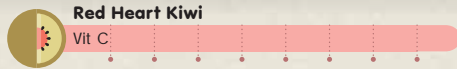
Korea Singo Pear



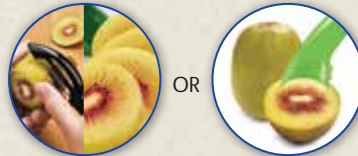
Availability
Oct - Dec

Full of Vitamin C

Halla Redheart Kiwi



How to enjoy Redheart Kiwifruit



Remove skin & cut into slices. OR Cut in half to scoop with spoon.



Availability
Aug - Dec

Sweet, Crisp & Firm

Korea Shine Muscat



Availability
Jul - Nov

Juicy, Slip-Skin Variety

Korea Kyoho Grape



Availability
Oct - Jan

I'm firm & crunchy

Korea Persimmon

These chewy and tender semi-dried persimmons have sweet overtones with hints of honey.



Keep Refrigerated

Korea Dried Persimmon



Availability
May - Jul

I'm Sweet & Refreshing

Availability
Jun - Sept

Korea Muskmelon (green & orange flesh)

How to tell when your melon is ripe



NOT RIPE

RIPE

Green

Slightly Brown

Korea Matt Oyster Mushroom

Reduce cholesterol

Good for weight loss



Works well when pan fried with chicken



Do not wash mushrooms. Just trim the bottom and wipe clean to maintain its crunchy goodness.

Korea Golden Enoki Mushroom

Boosts immune system

Vitamin B6, calcium, iron & fibre



Korea golden enoki mushroom pancakes



Do not wash mushrooms. Just trim the bottom and wipe clean to maintain its crunchy goodness.

Korea Brown & White Shimeji Mushroom

Boosts immune system

Rich in protein and fibre



Korea rice cakes with shimeji mushroom



Do not wash mushrooms. Just trim the bottom and wipe clean to maintain its crunchy goodness.

Korea Eryngii Mushroom

Rich in dietary fibre

Vitamin B6, calcium & iron



Stir-fried eryngii mushroom



Do not wash mushrooms. Just trim the bottom and wipe clean to maintain its crunchy goodness.

Korea Bean Sprout

Good source of vitamin C and protein

Rich in dietary fibre



Kongnamul-muchim, most common Korean side dish

Korea White Radish

Rich in dietary fibre

Boosts immune system



Musaengchae, sweet & sour radish salad

Korea Perilla Leaves

Rich in iron

Enhances immune system



Ssam (can be wrapped with meat & vegetables)

Korea Cabbage

Vitamin C

Low in calories

Rich in antioxidants



Baechu-kimchi, stir-fried cabbage

Korea Pumpkin

Rich in vitamins B & C

Rich in potassium



Hobakjuk, pumpkin porridge with rice dumplings

Korea Incubator Pumpkin

Rich in vitamin C

Rich in potassium



Cut into thin slices and pan fry with salt and garlic

Korea Sweet Potato (chestnut flavour)

Good source of vitamin E and dietary fibre



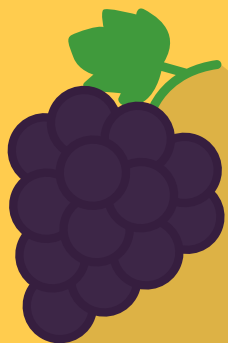
Steam sweet potatoes and use as salad ingredient

Korea Sweet Potato (pumpkin flavour)

Full of fibre and promote healthy skin



Steam sweet potatoes and eat as is



FRESH
FROM
KOREA

love fresh, eat fresh.

신선함까지 함께 드세요

