

KFRESH
by first pick®

a project by
euro-atlantic

KOREAN FRESH PRODUCE

Korea Chamoe Korea Yellow Melon

- ♥ Rich in vitamins
- ♥ Low in fat

How to enjoy Korea yellow melon



Availability | April - August



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

Korea Hallabong

Hallabong is one of the sweetest Mandarins and Korea's favourite premium winter fruit.

- ♥ Vitamin C
- ♥ Boost immunity

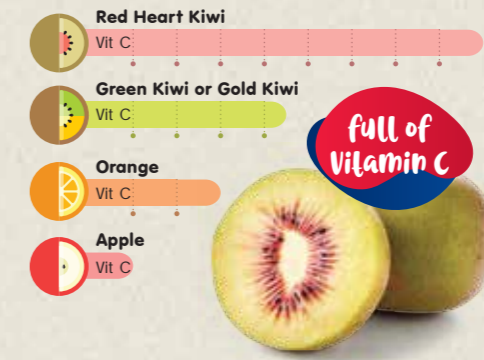


Availability | December - February

Halla Redheart Kiwifruit



The deep red sunburst pattern provides for twice as much Vitamin C as regular kiwis, 3 times that of oranges and 9 times higher than apples! Redheart are the sweetest, juiciest variety of kiwis from Jeju.



How to enjoy RedHeart kiwifruit

1. Ready to eat when fruits are soft to the touch.
 2. Remove skin and cut into slices.
OR
 3. Cut in half to scoop with spoon.
- Availability | October - December

Korea Strawberry

'Maehyang' a strawberry variety from Korea is gaining popularity in South East Asia countries due to its attractive colour, good texture and well-balanced sweet taste.

- ♥ Rich in vitamin C
- ♥ Good for digestion
- ♥ Rich in antioxidants



Availability | November - April

Korea Shine Muscat

Shine Muscat are seedless grapes that can be eaten without peeling. It is sweet and refreshing.

- ♥ Rich in vitamin C
- ♥ Rich in antioxidants
- ♥ Boost immunity



Availability | August - December

Korea Kyoho Grape

These premium Kyoho grapes are large and blackish-purple in colour. It has a special jelly-like texture on the inside, with a thick, leathery skin.

- ♥ Juicy
- ♥ Jelly-like texture



How to consume

1. Pluck grapes out from the stem.
2. Put the top part in your mouth and gently pull the skin away from the bottom of the fruit - slipping it out from the fruit.



Availability | July - November

Korea Sweet Persimmon

- ♥ Rich in vitamin C
- ♥ Rich in antioxidants
- ♥ Improves skin condition
- ♥ Helps with digestion



Availability | October - January

Korea Dried Persimmon

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

- ♥ Rich in vitamin C
- ♥ Rich in antioxidants
- ♥ Helps with digestion



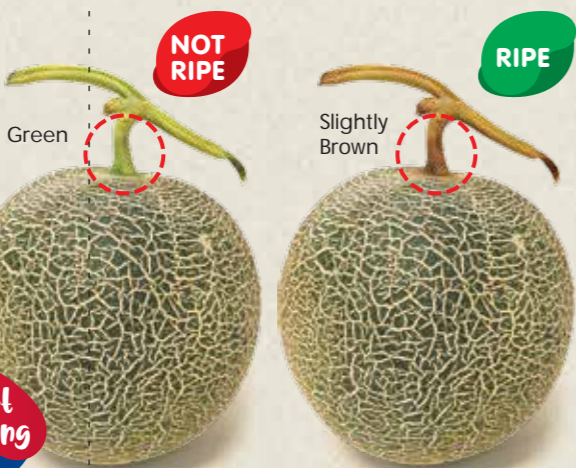
Korea Muskmelon (green & orange flesh)

- ♥ Rich in vitamin C
- ♥ Lowers cholesterol
- ♥ Boost immunity



Availability | May - July (orange) / June - September (green)

How to tell when your melon is ripe



Korea Singo Pear

- ♥ Sweet, juicy, crunchy
- ♥ Rich in vitamin C
- ♥ Low in calories
- ♥ Fragrant & full of flavour



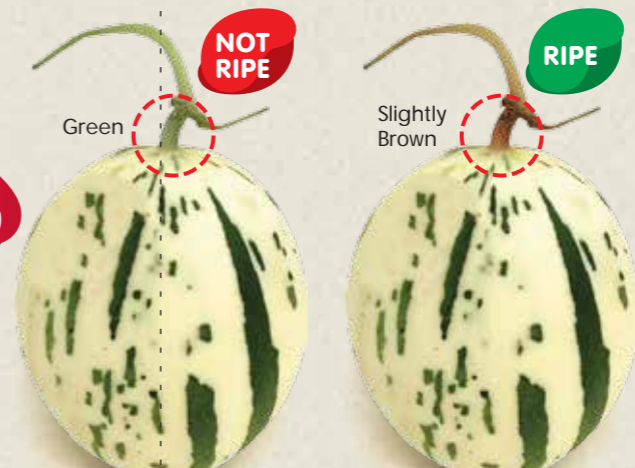
Availability | September - May

Korea Gaya Melon

- ♥ Rich in vitamin C
- ♥ Lowers cholesterol
- ♥ Boost immunity



How to tell when your melon is ripe



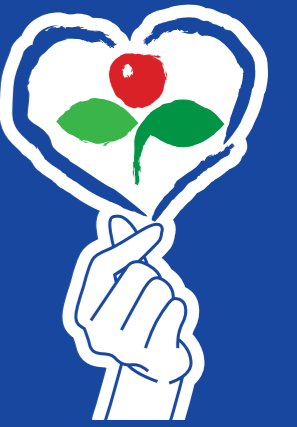
Availability | Mid of April - End of May

FRESH FROM KOREA

신선함까지 함께 드세요
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Korea Perilla Leaves

- ♥ Rich in iron
- ♥ Enhances immune system




 Ssam (can be wrapped with meat & vegetables)

Korea Shimeji Mushroom (brown and white)

- ♥ Rich in protein and fibre
- ♥ Boosts immune system




 Korea rice cakes with shimeji mushroom

Korea Matt Oyster Mushroom

- ♥ Reduce cholesterol
- ♥ Good for weight loss



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


 Works well when pan fried with chicken

Korea Golden Enoki Mushroom

- ♥ High in vitamin B6, calcium, iron and fibre
- ♥ Boosts immune system



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


 Korea golden enoki mushroom pancakes

Korea Eryngii Mushroom

- ♥ High in vitamin B6, calcium, iron and fibre
- ♥ Rich in dietary fibre




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

 Stir-fried eryngii mushroom

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 Dangjo Pepper

- ♥ Good for diabetes
- ♥ High in AGI (α-glucosidase inhibitor)





 Pan fry with meat and vegetables 

Korea Cheongyang Gochu Pepper

- ♥ Contains 10 times higher vitamin C than normal peppers





 Slice and add a little to any dish to spice it up 

Korea Asagi Gochu Pepper

- ♥ Low calorie
- ♥ Contains 18 times higher vitamin C than apples





 Add to salad for extra crunch 

Korea Kuari Pepper (shishito)

- ♥ Rich in vitamins A & C
- ♥ Help regulate blood pressure



 Pan fry with anchovies, meat and vegetables 



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Korea Pumpkin

- ♥ Rich in vitamins B & C
- ♥ Rich in potassium




 Hobakjuk, pumpkin porridge with rice dumplings

Korea Cabbage

- ♥ Low in calories
- ♥ Rich in vitamin C
- ♥ Rich in antioxidants




 Baechu-kimchi, stir-fried cabbage

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
- ♥ Promote healthy skin




 Steam sweet potatoes and eat as is

Korea Incubator Pumpkin

- ♥ Rich in vitamin C
- ♥ Rich in potassium



 Cut into thin slices and pan fry with salt and garlic