

Fruits in Vietnam





Southern Fruit Research Institute (SOFRI)
**Information Center for Agriculture and
Rural Development (ICARD)**



FRUITS IN VIETNAM

Agriculture Publishing House
Ho Chi Minh City, 2002

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INTRODUCTION

The fruit industry in Vietnam has had a long background of development. Their markets has been expanded fast as Vietnamese fruit production has gone to some countries in the world, getting a larger demand for the products in both local and international markets.

The purpose of this booklet is to help people who are interesting in the varieties of Vietnamese fruit.

A concise presentation of fruit products, including English name, scientific name as well as the name in Vietnamese of the fruits being presented, has been given along with other information on the nutritional value of the fruits and the crop season. In addition, the map of fruit growing places in Vietnam was included for easier reference.

The booklet is published with collaboration of Southern Fruit Research Institute (SOFRI), Information Center for Agriculture and Rural Development (ICARD), Research Institute for Fruits and Vegetables (RIFAV), Vietnam Fruit Association (VINAFRUIT), and financed by the Program on Market Development and Trade Promotion of Agro-forestry Products of the Ministry of Agriculture and Rural Development (MARD).

BANANA

English name: **Banana**

Vietnamese name: **Chuối**

Scientific name: *Musa spp.*



Nutritional value : Rich in carbohydrate and vitamin A, calcium and phosphorus

Fruiting season : All year round

Uses : Eating fresh

Storage : Fresh fruit can be kept in the refrigerator for 6 - 7 days



Varieties



Già

Già (Tiêu)

Weight : 140-160g/fruit, thick skin

Colour : Bright yellow skin, white flesh when ripe

Taste : Sweet and fragrant



Cau

Cau (Ngự)

Weight : 45-50 g./fruit, thin skin

Colour : Golden yellow skin, yellowish white flesh
when ripe

Taste : Sweet with appealing fragrance



Xiêm

Xiêm (Sứ, Tây)

Weight : 90-100 g/fruit, the skin is thickness

Colour : Smoky yellow skin, yellowish white sticky
flesh when ripe

Taste : Sweet

DRAGON FRUIT

English name: **Dragon fruit**

Vietnamese name: **Thanh long**

Scientific name: *Hylocerus undatus* (Haw) Brit. & Rose



Nutritional value : Excellent nutrient levels

Fruiting season : All year round

Uses : Eating fresh, making juice or puree.

Storage : Fresh fruit can be kept in the room temperature (25-30°C) for
6 - 7 days



Varieties

Preparation and eating



Bình thuận

Bình thuận

Weight : 300-500g/fruit, thick skin

Colour : Green skin when it is young, and turning red when ripe, white flesh

Taste : Slightly sweet and fat



Chợ gạo

Chợ gạo

Weight : 300 - 450 g/fruit, thin skin

Colour : Green skin when it is young, and turning pink when ripe, white flesh

Taste : Slightly sweet and fat



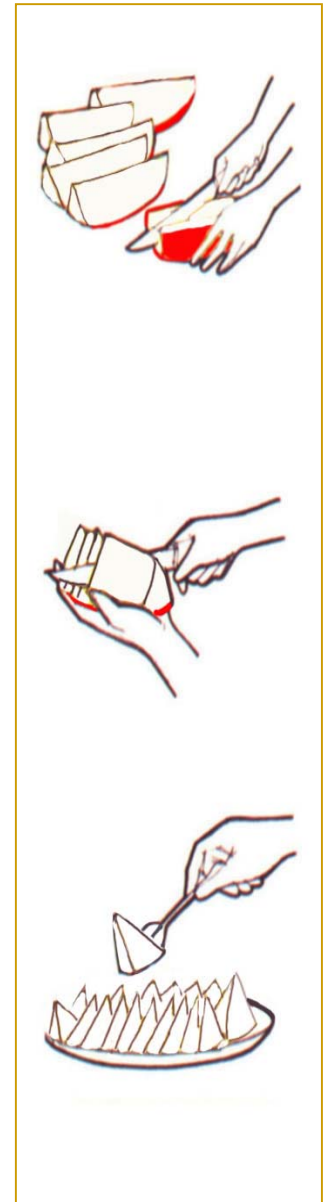
Ruột đỏ

Ruột đỏ

Weight : 300 - 450g/fruit, thick skin

Colour : Green skin when it is young, and turning red when ripe, red flesh.

Taste : Slightly sweet and fat



DURIAN

English name: **Durian**

Vietnamese name: **Sầu riêng**

Scientific name: *Durio zibethinus* Murr.



Nutritional value : Rich in vitamin A, calcium, phosphorus

Fruiting season : All year round

Uses : Eating fresh, making durian paste

Storage : Fresh fruit can be kept in the refrigerator for 6 - 7 days



Varieties

Preparation and eating



Sũa hạt lép

Sũa hạt lép

Shape : Globular

Weight : 2 - 4 kg

Colour : Mature fruit- golden yellow-brown; flesh-creamy yellow

Taste : Sweet and fragrant



Monthong

Monthong

Shape : Elongated

Weight : 2 - 5 kg

Colour : Mature fruit- golden yellow-brown; flesh-creamy yellow

Taste : Sweet and fragrant



RI - 6

RI - 6

Shape : Ellipse

Weight : 2,5 - 4,5 kg

Colour : Mature fruit- golden yellow-brown; flesh-creamy golden

Taste : Sweet and fragrant



B 31

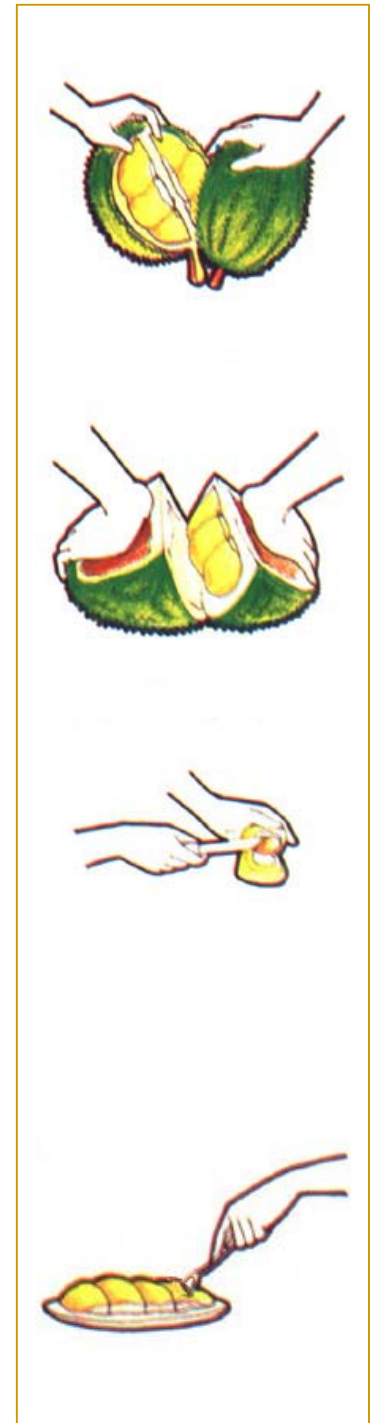
B 31

Shape : Globular

Weight : 2 - 4 kg

Colour : Mature fruit- golden yellow-brown; flesh-creamy yellow

Taste : Sweet and fragrant



LONGAN

English name: **Longan**

Vietnamese name: **Nhãn**

Scientific name: *Dimocarpus longan* Lour.



Nutritional value : Rich in calcium and phosphorus

Fruiting season : All year round for Tieu da bo and Long, for other varieties the yearly crop is between March and August.

Uses : Eating fresh and canning

Storage : Fresh fruit can be kept in the refrigerator for 5 - 7 days



Varieties

Preparation and eating



Lông

Lông

Shape : Globular

Weight : 12 – 16 g/fruit

Colour : Fruit skin is darkish – yellow;
fruit flesh is ivory - white

Taste : Sweet scented



Xuông cơm vàng

Xuông cơm vàng

Shape : globular, with high shoulders

Weight: 16 –25 g/fruit

Colour: Fruit skin is dark – yellow;
fruit flesh is ivory - white

Taste : Sweet and scented



Long

Long

Shape : Globular

Weight : 13 – 16 g/fruit

Colour : Fruit skin is light – yellow;
fruit flesh is white

Taste : Sweet and fragrant



Tiêu da bò

Tiêu da bò

Shape : Globular

Weight: 8 – 12 g/fruit

Colour: Fruit skin is Dark – yellow; fruit
flesh is white

Taste : Sweet



MANGO

English name: **Mango**

Vietnamese name: **Xoài**

Scientific name: *Mangifera indica* L.



Nutritional value : Rich in vitamin A

Fruiting season : The main season is between April and July, it is available off-season during October - March

Uses : Eating fresh and processed e.g. canning, juice, paste, etc.

Storage : Fresh fruit can be kept in the refrigerator for 7 - 10 days



Varieties

Preparation and eating



Cát Hoà Lộc

Cát Hoà Lộc

Shape : Oval and round cheeks, with sharp pointed tip

Weight: 400 – 500 g/fruit

Colour: Fruit skin is fresh - yellow when ripe, the flesh is yellow

Taste : Sweet and scented



Cát chu

Cát chu

Shape : Ovate with rounded tip

Weight: 300 – 400 g/fruit

Colour: Fruit skin is dark - yellow when ripe, the flesh is yellow

Taste : Sweet and slightly sour



Bưởi

Bưởi

Shape : Longish, the skin is smooth and thick

Weight: 300 – 400 g/fruit

Colour: Fruit skin is dark - yellow when ripe, the flesh is dark yellow

Taste : Hot - sweet



Thanh ca

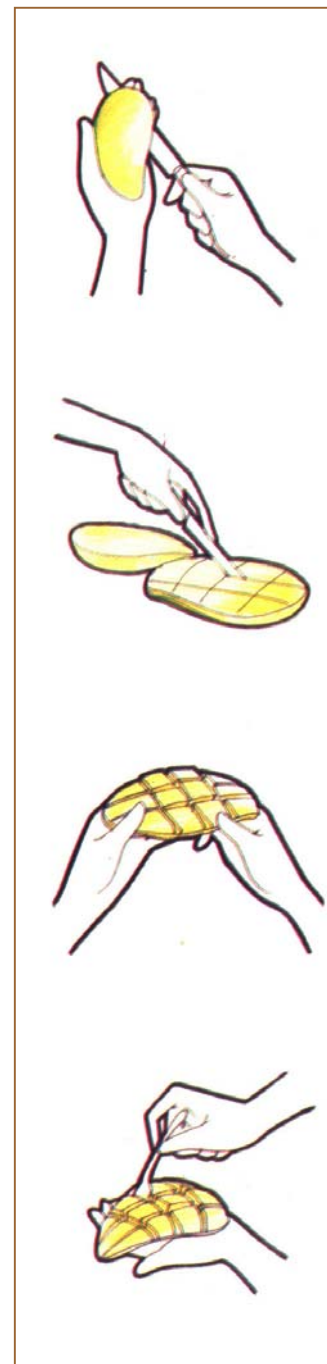
Thanh ca

Shape : Oval and flat

Weight: 250 – 300 g/fruit

Colour: Fruit skin is dark - yellow when ripe, the flesh is dark - yellow

Taste : Sweet



ORANGE

English name : **Sweet Orange**

Vietnamese name: **Cam**

Scientific name : *Citrus sinensis* Osb.



Nutritional value : Rich in vitamin C and A

Fruiting season : September - March

Uses : Eating fresh, making juice

Storage : Fresh fruit can be kept in the refrigerator for 10 - 12 days



Varieties

Preparation and eating



Cam chanh

Cam chanh (Xã Đoài)

Shape : Globular

Weight: 200 - 320 g/fruit

Colour: Yellowish when ripe; the flesh is bright - yellow

Taste : Sweet and juicy



Soàn

Soàn

Shape: Globular, there is a round on the tip

Weight: 250 - 350 g/fruit

Colour: Yellowish green when ripe; the flesh is bright - yellow

Taste : Sweet and juicy



Bù

Bù

Shape : Flattened sphere

Weight : 180 - 250 g/fruit

Colour : Yellow and orange skin, pinkish flesh

Taste : Sweet and juicy



Mật

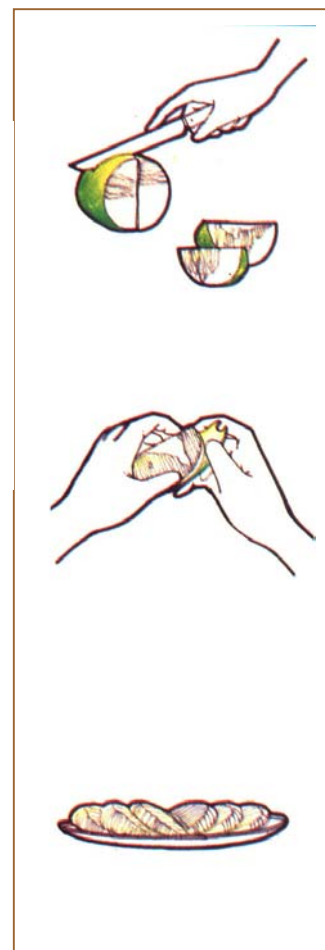
Mật

Shape : Globular

Weight: 200 - 320 g/fruit

Colour: Yellowish green when ripe; the flesh is bright - yellow

Taste : Sweet and juicy



PINEAPPLE

English name: **Pineapple**

Vietnamese name: **Dứa (Thơm, Khóm)**

Scientific name: *Ananas comosus* Merr.



Nutritional value : Rich in vitamin A and C

Fruiting season : All year round

Uses : Eating fresh, Preserved in various forms, such as juice, canning (in syrup), paste, and dehydrating.

Storage : Fresh fruit can be kept in the refrigerator for 6 - 7 days



Varieties



Queen

Queen

Shap : Cylindrical and long

Weight: 0,8 - 1,6kg/fruit

Colour: Yellow green or yellowish skin;
flesh is yellow

Taste : Sweet and scented



Cayenne

Cayenne

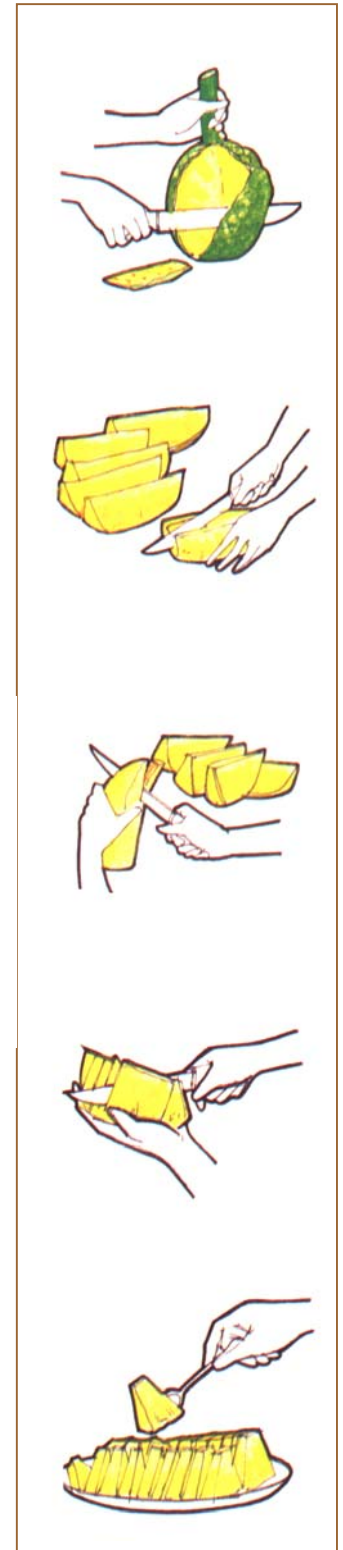
Shap : Cylindrical

Weight: 1,5 - 2,5kg/fruit

Colour: Yellow green or yellowish skin;
flesh is yellow

Taste : Sweet and scented

Preparation and eating



POMELO

English name: **Pomelo (Pummelo)**

Vietnamese name: **Bưởi**

Scientific name: *Citrus maxima* **Burm.Merr.**



Nutritional value : Rich in vitamin C and A

Fruiting season : August - February

Uses : Eating fresh and made juice.

Storage : Fresh fruit can be kept in the room temperature for one month.



Varieties

Preparation and eating



Nấm roi

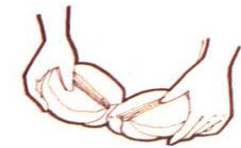
Nấm roi

Shape : Pear - shaped

Weight : 1 - 1,2 kg/fruit

Colour : Yellowish skin, yellowish white flesh

Taste : Sweet and slightly sour



Da xanh

Da xanh

Shape : Globular

Weight : 1,0 - 1,5 kg/fruit

Colour : Green skin when ripe, redish pink flesh

Taste : Sweet, slightly sour and juicy



Đường lá cam

Đường lá cam

Shape : Pear - shaped

Weight : 1,0 - 1,5 kg/fruit

Colour : Greenish bright skin, yellowish white flesh

Taste : Sweet and slightly sour



Thanh trà

Thanh trà

Shape : Globular and Pear - shaped

Weight : 0,8 - 1,2 kg/fruit

Colour : Yellowish skin, yellowish white flesh

Taste : Sweet and slightly sour

RAMBUTAN

English name: **Rambutan**

Vietnamese name: **Chôm chôm**

Scientific name: *Nephelium lappaceum* L.



Nutritional value : Rich in vitamin C, calcium and phosphorus

Fruiting season : The main season is May - September

Uses : Eating fresh, canned

Storage : Fresh fruit can be kept in the refrigerator for 7 - 10 days



Varieties

Preparation and eating



Java

Java

Shape : Globular

Weight : 25 - 35g/fruit

Colour : Red skin, the hair is long and red

Taste : Sweet



Nhãn

Nhãn

Shape : Globular

Weight : 20 - 25g/fruit

Colour : Yellowish red skin, the hair is short and red

Taste : Sweet



Rong riêng

Rong riêng

Shape : Ovate

Weight : 25 - 35g/fruit

Colour : Bright red skin, end of hair is green, the flesh is white

Taste : Sweet



SAPODILLA

English name: **Sapodilla**

Vietnamese name: **Sa pô (Hồng xiêm)**

Scientific name: *Achras sapota* L.



Nutritional value : Rich in calcium

Fruiting season : All year round

Uses : Eating fresh

Storage : Fresh fruit can be kept in the refrigerator for 5 - 7 days



Varieties

Preparation and eating



Lông mứt

Lông mứt

Shape : Globular and longish

Weight : 180 - 350g/fruit

Colour : Greenish brown skin, the flesh is redish brown

Taste : Sweet



Mehico

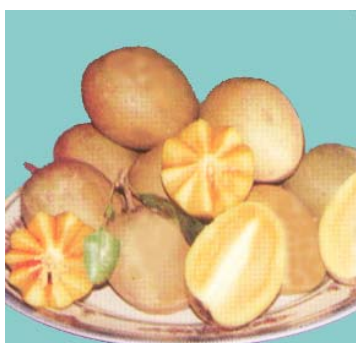
Mehico

Shape : Globular

Weight : 250 - 400g/fruit

Colour : Redish brown skin, the flesh is red brown

Taste : Sweet



Xuân đỉnh

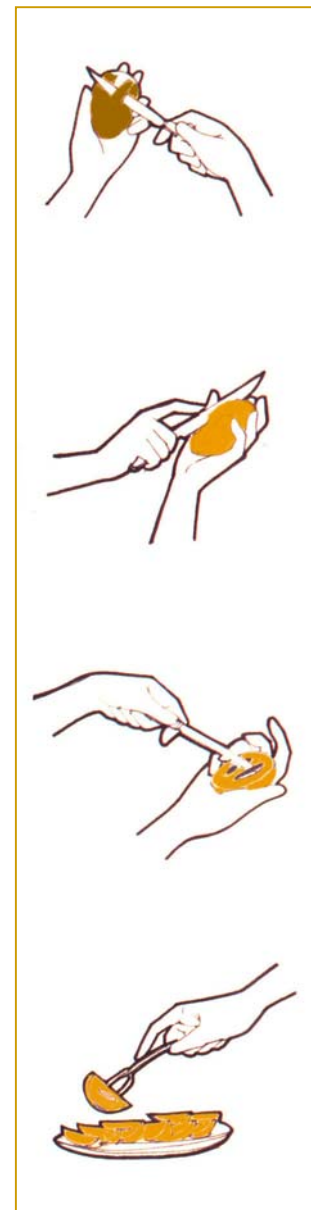
Xuân đỉnh

Shape : Globular and longish

Weight : 200 - 300g/fruit

Colour : Greenish brown skin, the flesh is redish brown

Taste : Sweet



TANGERINE

English name: **Tangerine**

Vietnamese name: **Quýt**

Scientific name: *Citrus reticulata* Blanco.



Nutritional value : Rich in vitamin C and A

Fruiting season : September - March

Uses : Eating fresh, made juice

Storage : Keep the fresh fruit at room temperature (20 – 30°C) it can be kept for 5 - 7 days



Varieties

Preparation and eating



Tiêu

Tiêu

Shape : Flattened sphere

Weight : 200 - 300 g/fruit

Colour : Yellow skin, pink flesh

Taste : Sweet and slightly sour, juicy



Đường

Đường

Shape : Flattened sphere

Weight : 180 - 280 g/fruit

Colour : Yellowish green skin, pink flesh

Taste : Sweet and juicy



Cam sành

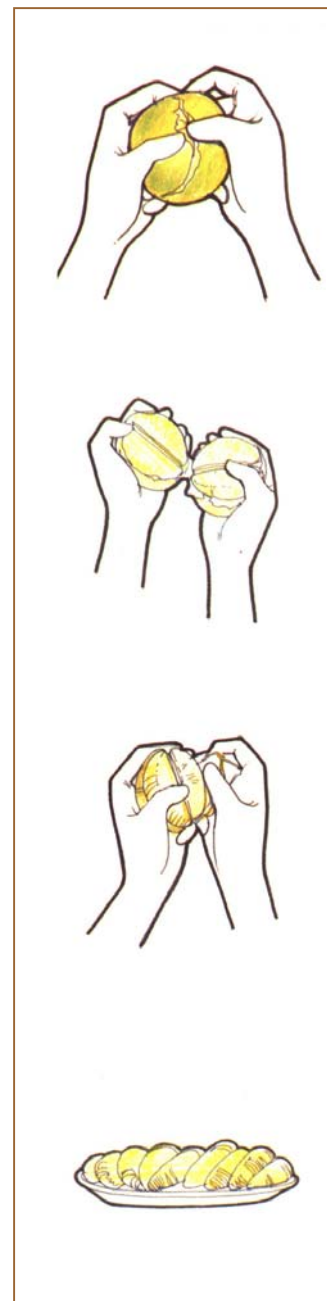
Cam sành (King Orange)

Shape : Flattened sphere

Weight : 200 - 380 g/fruit

Colour : Green skin when it ripe,
pink flesh

Taste : Sweet and juicy



OTHER FRUITS



English name : **Avocado**
Vietnamese name : **Bơ**
Scientific name : *Persea americana* Mill.
Fruiting season : April - September
Uses : Eating fresh, ...

English name : **Carambola, Star fruit**
Vietnamese name : **Khế**
Scientific name : *Averrhoa carambola* L..
Fruiting season : All year round
Uses : Eating fresh...



English name : **Barbados cherry**
Vietnamese name : **Sơ ri**
Scientific name : *Malpighia glabra*
Fruiting season : All year round
Uses : Eating fresh...

English name : **Grape**
Vietnamese name : **Nho**
Scientific name : *Vitis vinifera* L.
Fruiting season : All year round, abundant during June - July and January - February
Uses : Eating fresh, made juice for canning



OTHER FRUITS



English name : **Jujube**
Vietnamese name : **Táo**
Scientific name : **Zizyphus mauritiana Lamk.**
Fruiting season : May - December
Uses : Eating fresh, made juice

English name : **Guava**
Vietnamese name : **Ổi**
Scientific name : **Psidium guajava L.**
Fruiting season : All year round
Uses : Eating fresh, made juice



English name : **Jack Fruit**
Vietnamese name : **Mít**
Scientific name : **Artocarpus heterophyllus Lamk.**
Fruiting season : March - August
Uses : Eating fresh, dried

English name : **Lime**
Vietnamese name : **Chanh**
Scientific name : **Citrus aurantifolia Swing.**
Fruiting season : All year round
Uses : Made juice



OTHER FRUITS



English name : **Langsat**
Vietnamese name : **Bòn bon**
Scientific name : *Lansium domesticum*
Fruiting season : July - October
Uses : Eating fresh

English name : **Rambai**
Vietnamese name : **Dâu da**
Scientific name : *Baccaurea sapida*
Fruiting season : July - October
Uses : Eating fresh



English name : **Lychee**
Vietnamese name : **Vải**
Scientific name : *Litchi chinensis* Sonn.
Fruiting season : May - July
Uses : Eating fresh and processed
and canned

English name : **Mangosteen**
Vietnamese name : **Mãng cụt**
Scientific name : *Garcinia mangostana* L.
Fruiting season : May - September
Uses : Eating fresh



OTHER FRUITS



English name : **Papaya**

Vietnamese name : **Đu đủ**

Scientific name : ***Carica papaya* L.**

Fruiting season : All year round

Uses : Eating fresh and canning

English name : **Pear**

Vietnamese name : **Lê**

Scientific name : ***Pyrus communis***

Fruiting season : May - August

Uses : Eating fresh



English name : **Plum**

Vietnamese name : **Mận**

Scientific name : ***Prunus salicina***

Fruiting season : May - August

Uses : Eating fresh

English name : **Peach**

Vietnamese name : **Đào**

Scientific name : ***Prunus persica***

Fruiting season : May - July

Uses : Eating fresh



OTHER FRUITS



English name : **Persimmon**
Vietnamese name : **Hồng**
Scientific name : ***Diospyros kaki* L.f.**
Fruiting season : September - November
Uses : Eating fresh, dried

English name : **Soursop**
Vietnamese name : **Mãng cầu xiêm**
Scientific name : ***Annona muricata***
Fruiting season : All year round, abundant
from June through November
Uses : Eating fresh



English name : **Sweetsop/Sugar Apple**
Vietnamese name : **Na/Mãng cầu dai**
Scientific name : ***Annona squamosa* L.**
Fruiting season : All year round, abundant between
June and November
Uses : Eating fresh

English name : **Star apple/ Milk fruit**
Vietnamese name : **Vú sữa**
Scientific name : ***Chrysophyllum cainito*.**
Fruiting season : November - March
Uses : Eating fresh



OTHER FRUITS



English name : **Watermelon**
Vietnamese name : **Dưa hấu**
Scientific name : ***Citrullus vulgaris* Schard.**
Fruiting season : All year round
Uses : Eating fresh, made juice

English name : **Wax apple/ java apple**
Vietnamese name : **Gioi/Mận**
Scientific name : ***Eugenia jaanica* Lamk.**
Fruiting season : All year round
Uses : Eating fresh



English name : **Young Coconut**
Vietnamese name : **Dừa**
Scientific name : ***Cocos nucifera* L.**
Fruiting season : All year round
Uses : Eating fresh, making juice

English name : **Otaheit apple**
Vietnamese name : **Cóc**
Scientific name : ***Spondias cytherea***
Fruiting season : August - December
Uses : Eating fresh



NUTRITIVE VALUES OF FRUITS

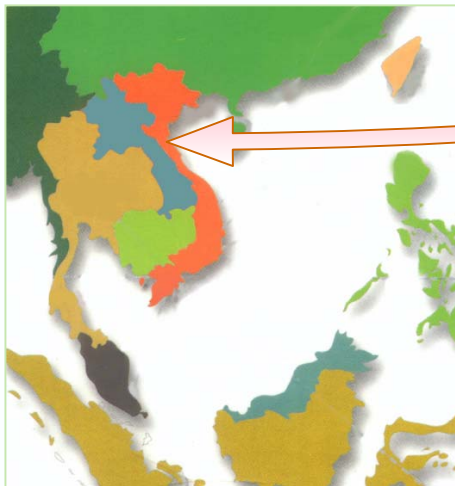
(Per 100 g. Edible Portion)

No	Fruits	Energy (calo)	Protein (g)	Lipid (mg)	Ca (mg)	P (mg)	Fe (mg)	Vitamin (IU, mg)				
								A (IU)	B1 (mg)	B2 (mg)	C (mg)	PP (mg)
1	Avocado	265	1,7	26	45	44	0,3	350	0,16	0,12	25	-
2	Banana	145	1,8	0,2	4	23	1	633	0,03	0,05	2	-
3	Coconut	17,4	1	10	20	1	0,5	-	-	-	-	-
4	Dragon fruit	67	1,1	-	134	27	6	-	-	-	9,4	-
5	Durian	124	2,5	1,6	20	63	0,9	-	-	-	35	-
6	Grape	75	0,4	0,3	6	24	0,4	83	0,1	0,06	-	0,2
7	Guava	50	1,3	0,4	13	20	0,5	89	0,06	0,13	132	1,1
8	Jack fruit	97	1,7	0,3	21	28	0,4	-	-	0,04	5	-
9	Jujube	113	0,7	-	30	30	0,9	50	0,04	0,18	23	1
10	Langsat	57	1	0,3	25	25	0,9	15	0,08	0,04	24	-
11	Longan	71	1	1,4	2	6	3	28	0,04	0,07	8	0,6
12	Lychee	57	0,9	-	7	41	1,3	-	0,11	0,04	6	0,3
13	Tangerine	40	0,6	30	45	24	0,8	1,6	0,04	0,04	42	0,4
14	Mango	81	0,5	0,2	25	15	0,3	8	0,17	0,09	43	0,8
15	Mangosteen	76	0,7	0,8	18	17	0,9	14	0,06	0,01	66	0,4
16	Orange	43	0,9	0,2	34	23	0,4	200	0,8	0,03	48	0,75
17	Papaya	50	0,6	3	12	22	2,5	435	0,04	0,03	78	0,3
18	Persimmon	28	0,7	-	10	19	0,2	-	0,01	0,02	16	0,2
19	Pineapple	54	0,4	-	22	8	0,4	15	0,09	0,04	17	0,2
20	Plum	24	0,6	1,3	28	20	-	-	0,06	0,04	3	0,5
21	Pummelo	59	-	-	30	21	0,7	10	0,07	0,02	11	-
22	Rambutan	63	0,9	-	3	6	1,8	4	0,04	0,05	31	0,6
23	Sapodilla	96	5	0,9	32	24	1	85	0,01	0,01	8	0,3
24	Star apple	72	1,3	0,6	80	9	8	-	0,18	0,14	-	-
25	Strawberry	34	0,8	0,5	25	20	0,9	17	0,04	0,03	53	-
26	Sweetsop	66	1,6	-	35	45	-	-	-	-	1	-
27	Wax apple	16	0,4	-	12	6	0,5	-	-	-	30	-

Major fruit producing areas in Vietnam



VIETNAM
 8.30° - 23.22° North
 102.1° - 109.24° East



- ☞ Longan
- ☞ Lychee
- ◎ Mango
- Banana
- Avocado
- ◆ Pummelo
- ◆ Orange
- Tangerine
- Mangosteen
- ☹ Rambutan
- ☞ Durian
- ☞ Sweetsop
- ☞ Soursop
- ☞ Sapodilla
- ☞ Grape
- ☞ Papaya
- ☞ Jackfruit
- ☞ Langsat
- ☞ Pineapple
- ☞ Guava
- ☞ Watermelon
- ☞ Dragon fruit
- Young coconut
- ▲ Passionfruit
- ❖ Plum
- ☞ Lime
- ◆ Babados Cherry
- ☞ Star Apple

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