

# JAPAN Brand fruits and vegetables



Try some Japan-grown fruits and vegetables today!

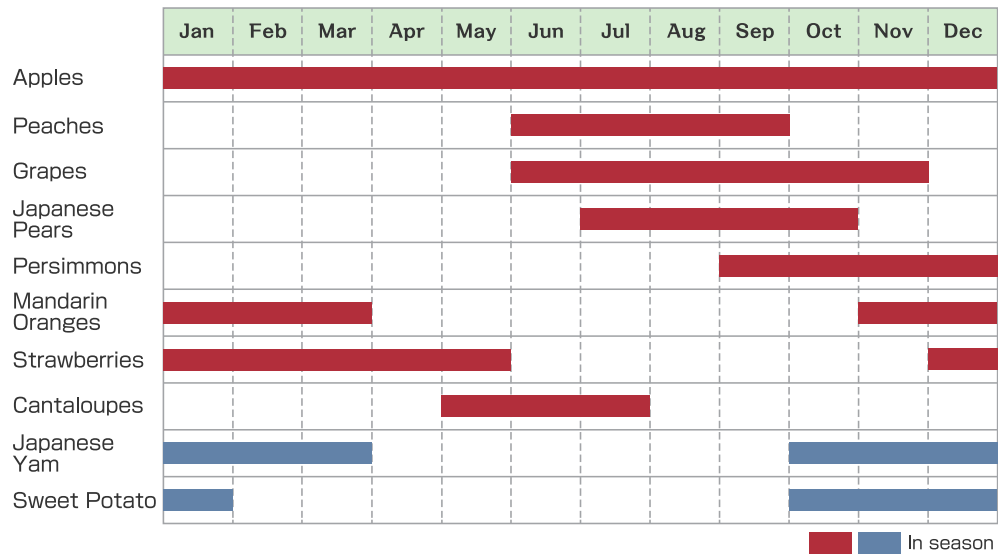
Have you ever tried Japan-grown fruits and vegetables?

Each piece of fruit or vegetable has been grown with passion and care by a Japanese farmer, guaranteeing its quality and safety. Try some today!

請試試日本品牌的蔬菜水果

您有吃過日本生產的水果或是蔬菜嗎？日本的農家對於一個一個的蔬菜、水果都非常細心照料、培育著。請務必嚐試看看安全又安心的日本品牌蔬果。

Fruits and Vegetables calendar (Guideline of shipment time)



# JAPANESE FRUITS

Try some Japan-grown fruits and vegetables today!

請試試日本品牌的蔬菜水果



J-FEC.  
Japan Fruit and Vegetables Export Promotion Council



國際果實野菜年  
2021

# JAPAN Brand fruits and vegetables

# The Delicious Fruits and Vegetables of Japan

日本美味的蔬菜和水果



**Apples 蘋果** In Season: Jan-Dec  
盛產期: 1月~12月

Japanese apples come in many colors, from brilliant crimson to pale green. Abundantly juicy, with a perfect balance of sweetness, they have a delightfully crisp texture. They keep well, allowing for a long tasting season, and are rich in potassium and dietary fiber.

日本的蘋果有鮮紅色、淡綠色等多樣的種類。富含水份且甜度適中，一口咬下時的清脆感是其最大的魅力。保存期長，可長時間享用是其最大特色。同時，日本蘋果也含有豐富的鈣質和食物纖維。



**Japanese Pears 梨子** In Season: Jul-Oct  
盛產期: 7月~10月

Japanese pears are famous for their crunchy texture and mouthwatering, sweet flavor. Some varieties are green and others light brown, but both are succulent and gently sweet.

日本「梨子」的特色是清脆的口感和入口後隨即散開的多汁甜味。果皮有綠色和淡咖啡色的品種。無論哪一種都有水份飽滿且清香的甜味。



**Peaches 桃子** In Season: Jun-Sep  
盛產期: 6月~9月

Japanese peaches are fragrant and light pink upon ripening, with soft flesh and a rich, deep flavor. They are known the world over for their plump, round shape and velvety texture.

熟成時淡紅色且會釋放香甜的芬芳，果肉入口即化的柔軟度中，濃郁的甜味也隨之擴散開來。日本的桃子維持著蓬蓬漂亮的圓形，加上滑順的口感，在世界上也是大獲好評。



**Persimmons 柿子** In Season: Sep-Dec  
盛產期: 9月~12月

Persimmons are synonymous with autumn in Japan. While unripe persimmons are crunchy, the ripe fruit is soft, sweet and melts in the mouth. Rich in vitamin C and tannins, they help protect against hangovers.

象徵日本秋天的水果。從未熟柿子的清脆口感和成熟軟柿的即溶口感中可以品嚐到濃郁的甜味。柿子是富含維他命C和丹寧酸的水果，而丹寧酸因具有防止宿醉的效果而受到矚目。



**Grapes 葡萄** In Season: Jun-Nov  
盛產期: 6月~11月

Over 30 distinct types of grape are grown in Japan, including purple varieties such as Kyoho and Pione, and the green Muscat. Seedless varieties are also on the rise. Across all varieties, the juiciness and pristine natural sweetness let you know it's a Japanese grape.

在日本栽種有紫色的「巨峰葡萄」、「Pione」、綠色的「麝香葡萄」等30以上種類的葡萄。無籽而且可以不剝皮直接食用的品種也越來越多。每一個品種都有自己獨特的味道，並且都以水份飽滿和高雅的甜味為特色。



**Mandarin Oranges 溫州蜜柑** In Season: Nov-Mar  
盛產期: 11月~3月

The mandarin orange is Japan's flagship citrus fruit. Rich in vitamin C, they are the perfect balance of sweet and sour. The skin is soft, and is easily peeled without a knife. Naturally seedless, they are a joy to eat.

代表日本的柑橘類水果，酸酸甜甜的好滋味中富含維他命C，表皮柔軟，可以不用刀子就簡單地徒手剝開，是可以輕鬆享用的無籽水果。



**Cantaloupes 哈密瓜(網紋型)** In Season: May-Jul  
盛產期: 5月~7月

Japanese melons come in two types, distinguished by the presence or absence of a reticulated ("net-like") peel. There are also many varieties, with characteristics such as blue or red flesh. Reticulated melons in particular give off a refined fragrance, and are noted for their rich sweetness and abundant juice.

日本的甜瓜根據網紋的有無分為「網紋瓜」、「無網紋瓜」，還可根據瓜瓤的顏色分為「綠色果肉」、「黃橙果肉」等種類。尤其是有著淡淡清香的網紋瓜不僅甜美多汁而且果肉柔軟入口即化。



**Japanese Yam 山藥** In Season: Oct-Mar  
盛產期: 10月~3月

The Japanese yam is a long, cylindrical tuber, growing up to one meter in length. They can be eaten raw, and they are a wonderfully crunchy addition to salad when finely chopped. Japanese yams help with digestion and support a robust nutritional foundation.

「山藥」是細長圓柱狀的芋種。大一點的品種甚至可以達到1公尺長。可生食，且由於富含水份、粘度較低，薄切後做成沙拉，可以享受到脆脆的口感。促進消化作用、滋養補氣和強壯的效果也備受矚目。



**Strawberries 草莓** In Season: Dec-May  
盛產期: 12月~5月

Most Japanese strawberries are very sweet, and people love them for their soft flesh and delicious, abundant juice. They are full of nutrients, and around six strawberries provide a full daily dose of vitamin C.

日本草莓的特色是擁有許多高糖度的品種。多汁、柔軟的果肉是其最大的魅力。豐富的維他命C含量，只需要5到7顆，就能攝取到一天必需的量。



**Sweet Potato 蕃薯** In Season: Oct-Jan  
盛產期: 10月~1月

Japanese sweet potatoes are characterized by their high sugar content. Baked, steamed or fried, they are adaptable to many dishes and desserts. Around 40 varieties are grown in Japan, some deliciously flaky, others moist and soft.

日本蕃薯的特點是糖度很高，同時也被廣泛利用在蒸、烤、炸等的料理和甜點之中。日本栽種了約40種左右的蕃薯。而依據品種的不同，可以品嚐到口感鬆軟(含水量較低)，亦或是口感綿密(含水量較高)等不同的蕃薯。