

# Lychee

## What is a Lychee?

Lychee pronounced [lee-chee] is also known as Chinese cherry, Mountain Lychee, Water Lychee or my favorite the King of Fruits is a fruit that originates from southeastern Asia in countries such as Southern China, Vietnam, Philippines, and Indonesia. Recently, the lychee plant's popularity has risen it is commercially grown in places like Southern Florida, France, Australia, Brazil and France. Scientific name, *Litchi chinensis* Sonnerat. Lychee, is roughly two inches in size and its red bumpy skin that covers the white or pinkish fruit. The lychee fruit is sweet in flavor and has a translucent consistency similar to grapes. (1)

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## Nutrition Information (4)

Serving size 100 grams

Calories: 66

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### Macronutrients

Carbohydrates	16.53 g
Proteins	0.83 g
Total Fat	0.44 g
Dietary Fiber	1.3 g

### Micronutrients

Folates	14 mg
Niacin	0.603 mg
Choline	7.1 mg
Riboflavin	0.0065 mg
Vitamin C	71.5 mg
Calcium	5 mg
Copper	0.31 mg
Iron	31 mg
Magnesium	10 mg
Phosphorus	31 mg

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<http://www.google.com/imgres?imgurl=http://doctorasky.com/wp->

## Overall Health Benefits

Lychee has a long history with the Chinese tradition dating back to 1059 A.D. they believe that consuming lychees on a daily basis has numerous health benefits. The Chinese believe that lychees can help relieve coughs, stomach pain and uncontrollable growth of cells. In Asian, countries the entire lychee plant is used for medicinal purposes; India grinds the seeds to soothe gastric, the rugged fruit peelings is used in tea and is said to cure smallpox and diarrhea and its flowers are used to heal sore throats. (3) Lychee is a super-fruit that is extremely under rated. This one fruit is loaded with health benefits ranging from:

improving blood flow to organs, protection against the sun's harmful UV rays, contains co-factors that assist the body in metabolizing carbohydrates, fats, and proteins, helps control normal heart rate & blood pressure, healthy bone maintenance, relieves stress, and last with cancers such as breast cancer. Lychee is also beneficial with the body's immune system, helping the body develop resistance to harmful agents, colds, infection and is pro-inflammatory. **(1)** Lychee is a great choice of fruit to choose when dieting, it has an abundance of dietary fiber that has been found to aid in weight loss as well as maintaining an achieved weight goal. **(3)** Scientist who have studied lychee fruit have found that the fruit pulp, seeds, and fruit peel are rich in phytochemicals such as: flavonoids (quercetin & kaempferol), tannin, and both free & bound polyphenols. **(5)** Flavonoids are known for their antioxidant and anti-inflammatory benefits. Tannin has health benefits that contribute to anti-bacterial, anti-inflammatory as well as anti-parasitic effects. Lastly, polyphenols (beta carotene) have numerous health benefits ranging from cardiovascular disease, high blood pressure, diabetes, and cancer preventive measures. **(6)**

## Growing Lychee

Lychee trees are full body trees and can grow up to a length of forty feet. Although it is not ideal, lychee trees can grow inside a potting containers. The plant will need plenty of sunlight, an efficient drainage system, wind protection, and specific fertilizer. Before planting a lychee tree, its soil needs to be prepared by mixing organic fertilizer, bark chips or mycorrhizal fungi to absorb water, and then measure the soil's pH, it should be around 5.5-7.5. Plant the seed two inches into the soil. For best results, lychee trees should be planted in late spring and its roots should be trimmed annually **(2)**.



<https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source>



<http://www.dreamstime.com/stock-photography-lychee->



<https://www.google.com/url?sa=i&rct=i&q=&esrc=s&source=images&>

## Preparing Lychee

Eating a lychee fruit is quick and easy, just wash, peel off the coat and enjoy the sweet jelly textured fruit. Lychee fruit can be eaten by itself, as a salad topping, in a juice, as jelly, sorbet, sauces, and even a syrup.

## Do you like what you read and want to try Lychee?

Fresh Lychees are in season from May until October. May is around the corner, lychees are ripe & ready, school will be out, so start your summer off with new taste buds and try lychee incorporated in this recipe below

### Ingredients:

- 2½ cups Milk
- 1 cup Milk Powder
- ½ cup Sugar
- 1 tbsp Corn Flour
- ½ cup Lychee Pulp
- ½ cup Fresh Cream
- ¼ cup Lychees, chopped
- 7- 8 drops Ice-Cream Essence

### How to make Lychee Ice-Cream:

- Take a bowl and mix a cup of milk, milk powder and corn flour in it, to make a smooth paste.
- Now, combine milk and sugar in a pan and bring it to boil.
- Add milk, milk powder and corn flour to this mixture and cook for 5-7 minutes, on a simmer flame.
- When the mixture starts to coat at the back of the spoon, remove from heat and let it cool.
- Put lychee pulp, ice-cream essence and cream in it and blend well.
- Now, pour this mixture in a shallow container, cover it and let it freeze till it is almost set.
- When it is set, divide the mixture into 2 batches and churn in the blender, till it is smooth.
- Now, put this mixture back in the shallow container and add the lychee pieces. Mix lightly.
- Freeze again, till it is firm.
- Scoop it out and serve chilled.



<http://newrecipes2013.blogspot.com/2012/02/lychee-ice-cream-recipe.html>

## Storing Lychee

Fresh lychee can be stored at room temperature for two to three days after that, they start to brown in color. Although most say that lychees are sweeter after browning. If lychees are kept in the refrigerator they can last for up to five weeks in the refrigerator. **(1)**

## References

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