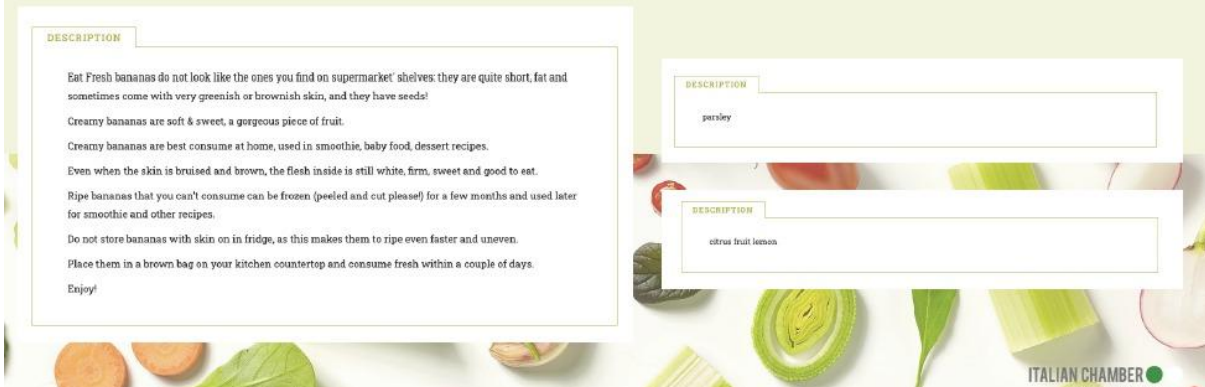


DETAILED PRODUCTS PAGE

Some products have a very long and detailed description, others do not even have a description.



Objective: add description to all products on the EatFRESH website

Suggestions: each description should be more or less 5-6 lines long

- x frutta: perchè fanno bene + apporto nutritivo + mini suggerimento carino
- x verdura asiatica: aggiungere anche metodo di cottura + consigli vari

EatFRESH Website Product List

Products WITH Description

Fruits Section

- **Organic Granny Smith:**
Granny Smith green apples are low in sugar and high in water content, help with digestion and keeping low cholesterol levels.
It makes a healthy and fulfilling snack or a great addition to your green juices!
Country of origin: Italy.

The famous saying “An apple a day keeps the doctor away” is pretty accurate. Our **Granny Smith green apples** are, in fact, associated with many long term health benefits, including helping with digestion, keeping low cholesterol levels and reducing the risk of coronary heart disease and cardiac damage. They are low in sugar and high in water and vitamins A and C, making them a sweet and fulfilling snack or a great addition to your green juices!

Country of origin: Italy.

Check out these delicious recipes too:

1. <https://www.eatfresh.com.hk/blogs/recipes/organic-apples-orange-cake>

2. <https://www.eatfresh.com.hk/blogs/recipes/apple-crumble>

- **Organic Kiwi:**

Kiwifruit is rich in vitamin C and antioxidant, low in calories but rich in nutrients - the perfect combo for an elixir of life.

Our organic kiwi from Italy are the most tasty you ever tried!

Kiwifruit can help regulate blood pressure, support the digestive system and boost the immune function. It is low in calories but rich in vitamin C, antioxidants and nutrients - the perfect combo for an elixir of life.

Our **organic kiwis** are the tastiest you have ever tried!

Country of origin: Italy.

They can both be the main ingredient of delicious desserts, such as the wonderful "kiwi chia pudding", and be used to compose tasty salads, like the one right below:

1. <https://www.eatfresh.com.hk/blogs/recipes/kiwi-cucumber-salad>
2. recipe 2

- **Organic Longan:**

Organic local Longan, coming in a bunch with leaves and sticks (400g)

This tropical fruit of the soapberry family (Sapindaceae), is native to Asia and related to lychee. Its white flesh surrounding a dark seed is the source of its nickname: dragon's eye. Our **organic longan** comes in a bunch with leaves and sticks (400g) helps fight inflammation, boosts the immune system and has positive effects on the brain. This fruit is particularly rich in antioxidants, potassium and vitamin C and B6. Longan is a tasty snack often used in sweet dessert soups as well as a herbal medicine with a relaxation effect. Check out our recipes:

1. recipe 1
2. recipe 2

- **Organic Medjoul Dates:**

Do you need the perfect "hunger breaker" or "guilt-free sweet treat" to give your day a boost of energy?

Our new organic dates are just right for you.

A good source of magnesium, potassium, and energy!

Organic Medjoul dates from Israel.

Do you need the perfect "hunger breaker" or "guilt-free sweet treat" to give your day a boost of energy?

Our new **organic Medjoul dates** are just right for you.

They can help support the nervous system and promote bone health, being a good source of magnesium, potassium, iron and energy.

Even though they are mostly consumed in their fresh or dried formats, dates have an excellent quality of blending with multiple recipes such as bakes and bars.

Country of origin: Israel.

- Try our recipes:

1. <https://www.eatfresh.com.hk/blogs/recipes/date-squares-with-oat-crust>
2. recipe 2

- **Organic Watermelon:**

Summer is here and our local organic watermelon is back for only a month or two! With its sweet and juicy flesh, rich in vitamins, minerals, and antioxidants, and low in calories, it will be your perfect seasonal snack. Each watermelon weight about 2 kilos.

Summer is here and our **local organic watermelon** is back for only a month or two! It keeps hydrated (its first name isn't "water" by chance) and can also help protect against heart disease and reduce muscle soreness.

This gigantic fruit, which weighs about 2 kilos, is actually low in calories. It is also rich in vitamins, minerals and antioxidants. With its sweet and juicy flesh, it will be your perfect seasonal snack, in fact, Watermelon can be the basis of delicious drinks, salads and desserts.

1. recipe 1
2. recipe 2

- **Organic Cherry Tomatoes (*also in Vegetables section*):**

Cherry tomatoes can be eaten raw in salads or cooked. They are perfect as finger food and most cherished as an appetizer for their lightness but characteristic taste.

Cherry tomatoes can be the perfect allies when it comes to weight loss, blood pressure and heart functionality. They are rich in vitamin E, A and C, potassium, and magnesium, but low in calories. Our **organic cherry tomatoes** can be eaten raw in salads, with pasta or cooked. They are perfect as finger food and most cherished as an appetizer for their lightness but characteristic taste. Try these recipes:

1. <https://www.eatfresh.com.hk/blogs/recipes/organic-cherry-ful-tomatoes-salad>
2. <https://www.eatfresh.com.hk/blogs/recipes/penne-arrabiata-pasta-with-a-spicy-tomato-sauce>

- **Organic Creamy Banana:**

Eat Fresh bananas do not look like the ones you find on supermarket' shelves: they are quite short, fat and sometimes come with very greenish or brownish skin, and they have seeds!

Creamy bananas are soft & sweet, a gorgeous piece of fruit.

Creamy bananas are best consume at home, used in smoothie, baby food, dessert recipes.

Even when the skin is bruised and brown, the flesh inside is still white, firm, sweet and good to eat.

Ripe bananas that you can't consume can be frozen (peeled and cut please!) for a few months and used later for smoothie and other recipes.

Do not store bananas with skin on in fridge, as this makes them to ripe even faster and uneven.

Place them in a brown bag on your kitchen countertop and consume fresh within a couple of days.

Enjoy!

Our **organic creamy bananas** are different from classic bananas. They are quite short, fat and sometimes come with very greenish or brownish skin, but most importantly, they have seeds! They are soft and sweet, ideal for smoothies, baby food and dessert recipes. These little bananas are a source of fibre, potassium, vitamin B6, vitamin C, and various antioxidants and phytonutrients. They should be eaten fresh, not placed in the fridge, otherwise they may ripen more quickly and unevenly. Ripe bananas that cannot be consumed immediately can be frozen, peeled and cut, for a few months and used later for smoothies and other recipes. If you need a few ideas on how to use creamy bananas in your kitchen, try these recipes:

1. <https://www.eatfresh.com.hk/blogs/recipes/dragon-fruit-smoothie>
2. recipe 2

- **Organic Dragon Fruit (pink flesh):**

Dragon fruit, also known as pitaya is the fruit of *Hylocereus*, cactus species from the Americas, later brought to South Asian countries where it constitutes an important part of the local diet.

Among the number of health benefits, dragon fruit can:

boost the immune system

stabilize blood sugar level

improve digestion

aids in weight loss

decrease bad cholesterol, increase good one

potentially, can help to prevent heart disease and cancer

It is very refreshing, juicy and not too sweet, particularly good to consume straight out from the fridge, cut in half, and eaten using a little spoon like it is an ice-cream cup, try!

And if you want to try, we have a great, easy dragon fruit sorbet recipe in our blog

Enjoy!

Try this recipe too:

+ *recipes photos*

Dragon fruit, also known as pitaya, is the fruit of *Hylocereus*, a cactus species from the Americas, low in cholesterol and rich in iron, calcium and vitamins A and C. It can boost the immune system, stabilize blood sugar level, improve digestion, aid in weight loss, and potentially help prevent heart disease and cancer.

Our **organic dragon fruit** is very refreshing, juicy and not too sweet, particularly good to consume straight out of the fridge, cut in half, and eaten using a little spoon! If you want to try, check out these recipes too:

1. <https://www.eatfresh.com.hk/blogs/recipes/dragon-fruit-smoothie>
2. <https://www.eatfresh.com.hk/blogs/recipes/healthy-dragon-fruit-vegan-gelato>

- **Organic Mandarin:**

Our **organic mandarins** represent the perfect boost for the immune system and provide positive effects on the brain and skin too. Despite being low in calories, they are rich in water, antioxidants and, in particular, vitamin C. Sweet and versatile, this ingredient can be adopted in various recipes including desserts, savoury meat glazes, salads and, of course, delicious juices.

Salads & Herbs Section

- **Organic Coriander (also in Vegetables section):**

The leaves of coriander, also known as cilantro, are used extensively in both Asian and Mexican cuisine. With a very strong smell and citrus-like flavour, it is better used raw as heat can diminish its flavour.

The leaves of coriander, also known as cilantro, are used extensively in both Asian and Mexican cuisine. Coriander contains antioxidants which can relieve skin disorders, it helps digestion, blood pressure and heart health. Our **organic coriander** is rich in dietary fibres, iron, magnesium and vitamin C and K. With a very strong smell and citrus-like flavour, it is better used raw as heat can diminish its flavour.

If you want to try, check out these recipes too:

1. <https://www.eatfresh.com.hk/blogs/recipes/carrot-coriander-soup>
2. <https://www.eatfresh.com.hk/blogs/recipes/vegan-tikka-masala-with-cauliflower>

- **Organic Ginger:**

Ginger is a root. It is consumed as a hot fragrant kitchen spice or used in common folk medicine. With its warming effect, it is believed to stimulate many body activities.

Ginger is a root consumed as a hot fragrant kitchen spice or used in common folk medicine. With its warming effect, it is believed to stimulate many body activities, it can help treat indigestion, calm nausea and lower cholesterol level. Our **organic ginger** is high in potassium, magnesium, and gingerol which has powerful anti-inflammatory and antioxidant effects. This veggie can be a fun twist to add in recipes to brighten up our dishes, as well as the main ingredient of delicious drinks such as our kale ginger smoothie, right below:

1. <https://www.eatfresh.com.hk/blogs/recipes/kale-ginger-detox-smoothie>
2. <https://www.eatfresh.com.hk/blogs/recipes/cucumber-kimchi>

- **Organic Italian Lettuce:**

Salad lettuce is one of the Western favorites and one of the lightest side dishes. The freshness of salads is a must for your table!

Italian lettuce is not only a crunchy and tasty leaf that adds colour to dishes, it is also an important source of vitamins, minerals and fibre. The combination of low-calorie content and high nutritional value makes our **organic Italian lettuce** an excellent and healthy staple. It can be used as a simple side dish, but also in rich and nutritious salads or as an added ingredient to various dishes such as burgers, wraps, sandwiches and so on. Check out our recipes:

1. <https://www.eatfresh.com.hk/blogs/recipes/organic-cherry-ful-tomatoes-salad>
2. recipe 2

- **Organic Red Round Radicchio:**

This Italian chicory, also known as Chioggia or Verona Radicchio, has red and white leaves with mild bitter spicy taste. Can be eaten in salad or roasted and grilled.. delicious!

This Italian chicory, also known as Chioggia or Verona Radicchio, has red and white leaves with a mild bitter spicy taste. It has been shown to reduce heart disease risk, support bone health and lower blood sugar levels. It is also particularly high in antioxidants, vitamin K and calcium. Our **organic Red Round radicchio** can be added to salads or served roasted and grilled. Check out our recipes:

1. <https://www.eatfresh.com.hk/blogs/recipes/radicchio-quinoa-and-orange-salad>
2. recipe 2

- **Organic Romaine Lettuce:**

Salad lettuce is one of the Western favorites and one of the lightest side dishes. The freshness of salads is a must for your table!

Salad lettuce is one of the Western favourites and one of the lightest side dishes. Its freshness is a must for your table! This herb is particularly appreciated for its health benefits including, protecting from eye disorders, promoting heart health, having positive effects on the skin and preventing signs of ageing. It is, in fact, an excellent source of antioxidants, vitamin A and C. Our **organic Romaine lettuce** is probably best known for its use in Caesar salad, but it is also delicious halved, brushed with olive oil, and grilled.

1. recipe 1
2. recipe 2

- **Organic Salad Mix Lettuce:**

Salad lettuce is one of the Western favorites and one of the lightest side dishes. The freshness of salads is a must for your table!

Our **organic salad mix lettuce** consists of a variety of special lettuces mixed together. They are all free of artificial or synthetic fertilisers and full of unforgettable flavour. This mix represents the perfect alternative for a fresh, quick and healthy side dish to accompany your main courses, but can also be the base for a tasty and colourful salad. Try it like in one of our recipes here below:

1. [recipe 1](#)
2. [recipe 2](#)

- **Organic Spring Onions:**

Spring onions, like any other onions, are considered warming. But, unlike onions, they are milder and can accompany any dish in both raw or cooked form.

Thanks to their antibacterial and antiviral properties, our **organic spring onions** represent great allies against colds and can also lower blood sugar level and prevent stomach complications. They are rich in phosphorus, potassium, vitamin A, B2, C and K. Spring onions, like any other onions, are considered warming, but, unlike onions, they are milder and can accompany any dish in both raw or cooked form. Check out our recipes:

1. [recipe 1](#)
2. [recipe 2](#)

Vegetables Section

- **Organic Aloe Vera:**

High in vitamins and minerals, amino acids and fatty acids; helps digestion, detoxification, boots the immune system; great on skin.

This extremely popular medical plant is high in vitamins and minerals, amino acids and fatty acids. **Organic Aloe Vera** is widely appreciated for its wonderful effects on the skin, as it can prevent wrinkles and improve elasticity. This plant can also boost the immune system, keep the intestinal flora balanced and help with digestion and detoxification. Our Organic Aloe Vera is delicious in fresh drinks and desserts.

- **Organic Beetroot:**

Beetroot is a root vegetable with dark purple skin and firm flesh. It has a rich, earthy flavour with a mild, bitter edge.

Beetroot is high in fibre and folate and contains manganese, vitamin C and potassium.

Try these recipes too:

+ [recipes](#) [photos](#)

Beetroot is a root vegetable with dark purple skin and firm flesh. It has a rich, earthy flavour with a mild, bitter edge. This root is associated with many health benefits including lowering blood pressure, being an anti-inflammatory and improving athletic performance and digestive health. **Our organic beetroot** is high in fibre and folate and contains manganese, vitamin C and potassium. Beetroot recipes are bursting with colour and flavour, check out ours right below.

1. <https://www.eatfresh.com.hk/blogs/recipes/roasted-kohlrabi-beets-recipe>
2. <https://www.eatfresh.com.hk/blogs/recipes/vegan-gf-beetlicious-cake>

- **Organic Broccoli:**

Very rich in Vit. C and widely recognised for its multiple nutrients with potent anti-cancer properties. Broccoli originated in Italy about 2000 years ago and it is today one of the most consumed vegetables among the Cabbage family.

Broccoli originated in Italy about 2000 years ago and it is today one of the most consumed vegetables among the Cabbage family. This veggie supports good digestive health and feeds beneficial bacteria in the gut tied to anti-inflammation and immunity. Our **organic broccoli** can even have positive effects on the brain. Very rich in vitamin C and widely recognised for its multiple nutrients with potent anti-cancer properties, broccoli is a valuable addition to a balanced diet whether you eat it raw or cooked. Check out our recipes right here:

1. <https://www.eatfresh.com.hk/blogs/recipes/carrot-broccoli-terrine>
2. <https://www.eatfresh.com.hk/blogs/recipes/broccoli-rice>

- **Organic Cabbage:**

Rich in well-balanced nutrients, cabbage provides a wide range of vitamins, especially Vit. C and K. It comes in many shapes and colours. Try our white head cabbage!

Delicious and healthy, cabbage comes in many colours and shapes and is the perfect addition to your diet. Among its various benefits, it can boost the immune system, lower cholesterol level and improve digestion. Rich in well-balanced nutrients, cabbage provides a wide range of vitamins, especially vitamin C and K. Our **organic cabbage** is incredibly versatile: it can be sliced or cut in wedges, boiled or steamed as a vegetable, or added to soups and stews, it is also used to make sauerkraut. Try our recipes:

1. <https://www.eatfresh.com.hk/blogs/recipes/organic-spicy-cabbage>
2. recipe 2

- **Organic Carrot Imperial Type:**

Carrot is a kids' favorite, thanks to its sweetness. The presence of beta-carotene makes it a perfect 'must-have' in your kitchen

Carrot is a kids' favourite, thanks to its sweetness and represents a 'must-have' in your kitchen. High in fibre and low in calories, our **organic Imperial carrot** is the perfect vegetable to add to your diet to lose weight and it also helps maintain a good eye-sight and lower the risk of cancer. Carrots are even an excellent source of vitamin A in the form of beta carotene. Check out our carrot hummus and salad right below.

1. <https://www.eatfresh.com.hk/blogs/recipes/carrot-and-cumin-hummus>
2. <https://www.eatfresh.com.hk/blogs/recipes/spinach-carrot-glass-noodle-salad>

- **Organic Carrot Nantes Type:**

Carrot is a kids' favorite, thanks to its sweetness. The presence of beta-carotene makes it a perfect 'must-have' in your kitchen

Nantes carrots are known for their almost perfect cylindrical root, and smooth, almost red skin. Our **organic Nantes carrots** have a sweet, delicate flavour and a very tender texture. They represent an excellent source of vitamin A, which can help prevent vision loss, vitamin C to protect the body from diseases and fibre to aid digestion. They can be used in a variety of recipes, such as:

1. <https://www.eatfresh.com.hk/blogs/recipes/carrot-coriander-soup>
2. <https://www.eatfresh.com.hk/blogs/recipes/moroccan-carrot-salad>

- **Organic Cauliflower:**

Cauliflower is very high in Vit C. As part of the cruciferous family, it is among the veggies with highest health benefits. Cooking styles are abundant and you can enjoy it with many recipes.

As part of the cruciferous family, our **organic cauliflower** is among the veggies with the highest health benefits. It is a great source of antioxidants which protect from inflammation, it supports healthy weight loss and also contains choline which has positive effects on the brain and memory. This vegetable is even very high in vitamin C. Cooking styles are abundant and you can enjoy it with many recipes, check out ours right below:

1. <https://www.eatfresh.com.hk/blogs/recipes/gluten-free-vegan-cauliflower-soft-bites>
2. <https://www.eatfresh.com.hk/blogs/recipes/kale-cauliflower-lentil-salad-with-charred-lemons-2>

- **Organic Celery:**

With its pungent flavour but watery aftertaste, celery is used both raw and cooked. Low in calories, it is perfect in salads for its crunchy texture and in juicing as good cleansing tonic.

The consumption of celery is associated with many health benefits including inflammation prevention, blood pressure management and cognitive function and memory improvement. This plant provides folate, potassium and vitamin A, C and K. With its pungent flavour but watery aftertaste, it is used both raw and cooked. Low in calories, our **organic celery** is perfect in salads for its crunchy texture and in juicing as a good cleansing tonic. Check out our recipes:

1. <https://www.eatfresh.com.hk/blogs/recipes/stuffed-celery>
2. <https://www.eatfresh.com.hk/blogs/recipes/fennel-and-celery-crunchy-salad>

- **Organic Chilli Pepper:**

Amazing source of vitamins and minerals, use cautiously, they are super spicy!

Famous for being super spicy, our **organic chilli peppers** are also connected with amazing properties and health benefits. They can improve digestive health and metabolism, support the cardiovascular system and alleviate migraine and joint pain. Being an excellent source of vitamins and minerals they are also the perfect allies against cold and flu (in fact they contain nearly three times more vitamin C than oranges). If used cautiously they can be an interesting ingredient to add both to main courses and desserts. Check out our chilli pepper recipes:

1. <https://www.eatfresh.com.hk/blogs/recipes/chocolate-and-hot-chili-peppers-muffin>
2. <https://www.eatfresh.com.hk/blogs/recipes/vegetable-dumplings>

- **Organic Chinese Cabbage:**

Chinese Cabbage, or bok-choi, is very popular in the local Cantonese cuisine and is related to the Western cabbage. You can use it both for Asian or Western dishes.

Chinese Cabbage is very popular in local Cantonese cuisine and is related to Western cabbage. You can use it both for Asian or Western dishes. It is appreciated for its various health benefits, including building strong bones and promoting cardiovascular health. It is a natural source of vitamins including A, B and K and minerals like calcium, potassium and manganese. Our **organic Chinese cabbage** can be eaten raw or cooked—steamed, boiled, and quickly stir-fried. Cooked leaves and stalks add flavour to soups, stews, pasta dishes, and stir-fries.

1. recipe 1
2. recipe 2

- **Organic Chinese Kale:**

Chinese kale, also known as kai-lan, is type of broccoli very popular in China. You can use it as the main ingredient for your Asian dishes or for Western recipes as you would use a cabbage.

Chinese kale, also known as kai-lan, is a type of broccoli very popular in China. It helps prevent cancer and can reduce cholesterol level and risk of heart disorders. Our **organic Chinese kale** even represents a good source of vitamin A and C and minerals. You can use it as the main ingredient for your Asian dishes or for Western recipes as you would use a cabbage. This veggie can be served in various ways such as kale crisps, kale stir-fry and steamed kale. Check out our recipes:

1. <https://www.eatfresh.com.hk/blogs/recipes/kale-veggie-rolls>
2. <https://www.eatfresh.com.hk/blogs/recipes/coconut-kale-cookies>

- **Organic Choy Sum:**

Rich in Vitamine A, choy sum has been widely used in the Chinese cuisine for its beneficial effects and versatile culinary uses.

Probably the most popular vegetable in Hong Kong, appreciated for its various health benefits including supporting the cardiovascular system and having positive effects

on the bones. Our **organic choy sum** is also rich in vitamin A, C and K. Choy sum has been widely adopted in Chinese cuisine for its versatile culinary uses. The flowering shoots and younger leaves of choy sum are used in salads or stir-fried, lightly boiled or steamed and added to meat. Need some suggestions? Try our delicious choy sum recipes:

1. <https://www.eatfresh.com.hk/blogs/recipes/choy-sum-with-braised-mushrooms>
2. recipe 2

- **Organic Cucumber:**

Cucumbers come in different kinds and forms. According to the Asians, they are cooling vegetable, therefore better to be consumed during the summer.

Cucumbers come in different kinds and forms. According to the Asians, they are cooling vegetables, therefore better to be consumed during the summer. Low in calories and high in nutrients our **organic cucumbers** are the perfect addition to your diet if you want to lose weight. They also help keep your body hydrated and regulate blood sugar level. Mild with a distinctly crisp and refreshing flavour, cucumbers are commonly enjoyed fresh or pickled in everything from salads to sandwiches.

1. <https://www.eatfresh.com.hk/blogs/recipes/cucumber-kimchi>
2. <https://www.eatfresh.com.hk/blogs/recipes/kiwi-cucumber-salad>

- **Organic Daikon Radish:**

Daikon radish is a root vegetable with a pungent flavour towards the end and a milder taste close to the roots.

It contains a big quantity of Vit C and can be eaten both raw and cooked.

Organic daikon radish is a root vegetable with a pungent flavour towards the end and a milder taste close to the roots. Being a good source of calcium it helps promote healthy bone growth and thereby lowers the risk of osteoporosis, moreover, it can help eliminate toxins from the body and reduce the risk of cancer. Daikon also contains a big quantity of vitamin C and can be eaten both raw and cooked.

Check out our daikon recipe:

1. <https://www.eatfresh.com.hk/blogs/recipes/organic-daikon-radish-pad-thai>
2. recipe 2

- **Organic Eggplant:**

This plant, native to India and widely cultivated in China too, is nowadays a widespread vegetable to accompany many different dishes. It is used in the cuisine of many countries around the world and can be found in a wide variety of recipes.

This plant, native to India and widely cultivated in China too, is nowadays a widespread vegetable to accompany many different dishes. Our **organic eggplant** improves heart health, has cancer-fighting benefits and boosts memory. It is also rich

in minerals, vitamins and antioxidants. Eggplant is used in the cuisine of many countries around the world and can be found in a wide variety of recipes, check out ours right below:

1. <https://www.eatfresh.com.hk/blogs/recipes/eggplant-parmesan>
2. <https://www.eatfresh.com.hk/blogs/recipes/middle-eastern-eggplant-wrap>

- **Organic Fennel (No Leaves):**

Fennel can be eaten raw to enjoy crispness and freshness while you can cook it to savor the melting sweetness and delicacy.

Fennel is a flavorful culinary herb and medicinal plant. Originating from the Mediterranean area, it is now popular all over the world. Our **organic fennel** is an anti-inflammatory, it has cancer-fighting properties and can benefit heart health. It is also a good source of vitamin C, potassium and manganese. This plant can be eaten raw to enjoy crispness and freshness while you can cook it to savour the melting sweetness and delicacy.

1. <https://www.eatfresh.com.hk/blogs/recipes/fennel-and-celery-crunchy-salad>
2. recipe 2

- **Organic King Oyster Mushroom:**

Locally produced organic king oyster mushroom. Eat them raw, grilled, sautéed, in soups...

Packed full of flavour and with an impressive nutrition profile to boot, our locally produced **organic king oyster mushrooms** should be a welcomed addition to a healthy nutrition regime. It is, in fact, appreciated for its anti-inflammatory properties as well as its benefits related to cholesterol level control and immune system support. King oyster mushroom is also rich in vitamins, minerals, and antioxidants. it is particularly versatile and can be eaten raw, grilled, sautéed, in soups... if you need some inspiration, check out our recipes:

1. <https://www.eatfresh.com.hk/blogs/recipes/spicy-vegan-stir-fry-king-oyster-mushroom>
2. <https://www.eatfresh.com.hk/blogs/recipes/oyster-mushroom-steak>

- **Organic Leek:**

Leeks are part of the onion and garlic family but they are milder in taste and more delicate. The edible parts are the white one and the pale green upper parts. You can also use the dark green upper parts into stocks or even chopped finely and sauteed. Leeks are rich in vitamin C and they have diuretic properties.

Leeks are part of the onion and garlic family but they are milder in taste and more delicate. They can reduce the risk of cancer, improve the digestion system and have diuretic properties. Our **organic leek** is rich in vitamin C as well as folate, copper and iron. Grilled or roasted, they make a surprising, delicious side dish. If you are looking

for some inspiration check our recipes right below:

1. <https://www.eatfresh.com.hk/blogs/recipes/sauteed-mushrooms-leeks>
2. recipe 2

- **Organic Okra:**

Okra, also known as Lady's Finger, is low in calories and particularly rich in dietary fibre, vitamin A, C and acid folic. It is often recommended in cholesterol controlling diets, as well as for its anti-diabetes properties - it has positive effects on controlling blood sugar levels.

Okra's mucilaginous pods help soothe the intestine and prevent constipation.***

Eat okra as fresh as you can (of course!), you can store in the fridge for a couple of days; Okra can also be stored in freezer (toss in boiling water for 3 minutes, cool under tap water, dry and store in plastic bags).

If you don't like the slimy texture of okra, try a quick and dry method of cooking, this helps to retain the mucilages. Check recipes on our website!

Organic Okra, also known as Lady's Finger, is often recommended in cholesterol controlling diets, as well as for its anti-diabetes properties - it even has positive effects on stabilising blood sugar levels. This plant is low in calories and particularly rich in dietary fibre, acid folic and vitamin A and C. If you don't like the slimy texture of okra, try a quick and dry method of cooking which helps retain the mucilages. Check out the delicious recipes on our website!

1. <https://www.eatfresh.com.hk/blogs/recipes/sweet-potato-okra-coconut-curry>
2. <https://www.eatfresh.com.hk/blogs/recipes/oven-baked-okra-bites>

- **Organic Onion:**

Needless to say, onion is the base of any dish around the world. For its anti-inflammatory properties, it is also used as a natural remedy against colds and coughs.

Needless to say, onions are the base of any dish around the world. For their anti-inflammatory properties, they are also used as a natural remedy against colds and coughs. Moreover, they have positive effects on heart health and being a vegetable of the *allium* genus, like garlic, they are linked to a lower risk of certain cancers. Our **organic onions** are nutrient-dense, meaning they're low in calories but high in vitamins and minerals. They can enrich many dishes such as our tasty vegetable gyoza and Mexican corn salad right below:

1. <https://www.eatfresh.com.hk/blogs/recipes/tasty-vegetable-gyoza>
2. <https://www.eatfresh.com.hk/blogs/recipes/mexican-style-corn-salad>

- **Organic Pak Choy:**

The texture of both leaves and stalks is crisp, and the flavor is somewhere between mild cabbage and spinach. If very young it can be eaten raw in salads, but is best when briefly cooked.

Pak Choy is a member of the Brassica cabbage family. The texture of both leaves and stalks is crisp, and the flavour is somewhere between mild cabbage and spinach. Characterized by anti-cancer properties, our **organic pak choy** promotes bone and heart health. Pak choy is also rich in folate, calcium and vitamins A, B, C and K. If very young it can be eaten raw in salads, but is best when briefly cooked. Check out our recipes!

1. [recipe 1](#)
2. [recipe 2](#)

- **Organic Pumpkin:**

Pumpkins are actually very versatile vegetables and can be eaten raw and cooked in everything from soups, as chips, in smoothies, salads and as crudités!

Far from being just a famous Halloween decoration, pumpkin is actually associated with many health benefits. It is linked to a reduced risk of certain cancers and boosted immune system, while its seeds can improve sleep. Our **organic pumpkin** also provides a range of essential vitamins and minerals, including vitamin A, C and E and iron, copper and potassium. It is a very versatile vegetable and can be eaten raw and cooked in everything, from soups to chips, from smoothies to salads and also as crudités! Check out our recipes!

1. <https://www.eatfresh.com.hk/blogs/recipes/pumpkin-oatmeal-pancakes>
2. <https://www.eatfresh.com.hk/blogs/recipes/pumpkin-mashed-potatoes>

- **Organic Spinach:**

Water spinach is a common ingredient in South-East Asian dishes. Water spinach has thin, hollow stems with long, flat, arrowhead-shaped leaves. Water spinach has a similar flavor with a little crunchy texture to common spinach. You can use both stems and leaves.

Water spinach has a similar flavour with a little crunchy texture to common spinach and is a common ingredient in South-East Asian dishes. It is possible to use both stems and leaves. Our **organic spinach** is an anti-diabetic and can reduce the risk of cancer, boost the immune system and fight skin problems. It is an important source of water, iron and vitamin A and C. Check out our spinach based recipes for cooking inspiration:

1. <https://www.eatfresh.com.hk/blogs/recipes/baked-organic-spinach-bundles>
2. <https://www.eatfresh.com.hk/blogs/recipes/spinach-and-broccoli-soup>

- **Organic Sweet Corn:**

Everyone's favorite! See our homemade recipes for classical cooking or new alternatives.

This mize-variation with high sugar content is without a doubt everyone's favourite! Among its health benefits, we can mention eye protection as well as an improved

digestion system. Our **organic sweet corn** is, in particular, rich in protein, fibre and vitamin B. Bright yellow and delicious, it adds an irresistible sweet pop to dishes! Are you looking for some inspiration? See our recipes for classical cooking or new alternatives.

1. <https://www.eatfresh.com.hk/blogs/recipes/mexican-style-corn-salad>
2. <https://www.eatfresh.com.hk/blogs/recipes/sweet-corn-and-coconut-milk-chowder>

- **Organic Sweet Potato:**

Sweet potatoes are starchy vegetables that can be of different colours and species. They grow better in warmer weathers therefore making them a good alternative to potatoes when not available.

Our **organic sweet potatoes** are starchy vegetables that can be of different colours and species. They are particularly appreciated for their various positive effects including improved digestion system, cancer-fighting properties and eye protection. This last effect is linked to the presence of beta carotene in sweet potatoes which are also rich in fibres, minerals and vitamins A, B and C. Boil, cooked or roasted, they are a very versatile ingredient, check out our recipes for cooking suggestions.

1. <https://www.eatfresh.com.hk/blogs/recipes/creamy-sweet-potato-soup>
2. <https://www.eatfresh.com.hk/blogs/recipes/sweet-potatoes-gnocchi>

- **Sweet potato leaves:**

For a quick, nutritious and wholesome meal, simply steam sweet potato leaves, or you may choose to eat raw in a salad or juice. Can be use like spinach

Organic sweet potato leaves are rich in vitamin K which helps prevent the arteries from calcification and promote bone health. They are also a great source of antioxidants, Vitamin C and A. For a quick, nutritious and wholesome meal, simply steam our **organic sweet potato leaves**, or you may choose to eat them raw in a salad or juice. They can also be used like spinach.

- **Organic Swiss Chard:**

Swiss Chard is a leafy green vegetable. The leaf is always a nice green, while the stalk comes in variety of colours, which is why it is also called rainbow swiss chard. It is high in vitamins A, K and C and also rich in minerals, dietary fibre and protein. The leaves can be used raw in salads, providing a spinach-like taste. The stalks can be sautéed or steamed for a longer period of time than the leaves.

Swiss Chard is a leafy green vegetable. The leaf is always a nice green, while the stalk comes in a variety of colours, which is why it is also called rainbow swiss chard. It supports cardiovascular health, has positive effects on the brain and is high in vitamins A, K and C as well as in minerals, dietary fibre and protein. The leaves of our **organic swiss chard** can be used raw in salads, providing a spinach-like taste. The stalks can be sautéed or steamed for a longer period of time than the leaves.

1. <https://www.eatfresh.com.hk/blogs/recipes/rainbow-swiss-chard-pesto>
2. recipe 2

- **Organic Water Spinach**

leafy vegetable. Use like other spinach

Our Organic Water Spinach is a leafy vegetable, usually associated with positive effects on the brain including promoting memory and protecting from diseases. Rich in vitamin C and A, it also promotes skin health as it can help fight against acne, and wrinkles. Even though it technically has no relation with classic spinach, this vegetable can be used in the kitchen in a very similar way.

- **Organic White Button Mushroom:**

Locally produced organic white button mushroom. Eat them raw, grilled, sautéed, in soups...

White button mushrooms are small to medium-sized. The smooth white caps are rounded, firm and spongy. When raw, white button mushrooms are delicate with a crunchy texture, and when cooked, they develop an earthy flavour with a tender and chewy texture. Our **organic white button mushrooms** are low in calories and sugar. But they are rich in protein and vitamin D, and also a source of vitamin B12. This hearty mushroom is appetising and delicious in a variety of dishes. They can be sliced and sautéed or used as a topping for pasta or a side dish for steak. Try it out by preparing one of our recipes:

1. <https://www.eatfresh.com.hk/blogs/recipes/mushroom-spinach-couscous>
2. <https://www.eatfresh.com.hk/blogs/recipes/tricolore-veggies-penne>

- **Organic White Potato:**

A must-have in your kitchen and the main ingredient of many dishes.

This apparently humble vegetable, has, actually a lot to offer. Potatoes promote regularity for a healthy digestive tract, support heart health and decrease blood pressure. Rich in magnesium, phosphorus, potassium and vitamin B6 and C, this simple tuber is a delicious must-have in your kitchen. Our **organic white potatoes** are a simple wonder and they could be the main ingredient of many dishes. If you are looking for some inspiration check out our recipes right below:

1. <https://www.eatfresh.com.hk/blogs/recipes/kale-potato-salad>
2. <https://www.eatfresh.com.hk/blogs/recipes/pumpkin-mashed-potatoes>

- **Organic Zucchini:**

Very low in calories but full of Vitamin A and manganese zucchini are among the vegetables that are used for babies when they are first introduced solids. With their delicate flavour they can be a source of inspiration for different cooking styles.

Zucchini are among the vegetables that are used for babies when they are first introduced to solids and represent the perfect addition to a balanced diet. Among

their various benefits, they contribute to a healthy digestion, lower blood sugar levels and improve heart health. Zucchini are very low in calories but full of vitamin A and manganese. With their delicate flavour, our **organic zucchini** can be a source of inspiration for different cooking styles, try our recipes:

1. <https://www.eatfresh.com.hk/blogs/recipes/stuffed-zucchini>
2. <https://www.eatfresh.com.hk/blogs/recipes/zucchini-hummus>

Products WITHOUT Description

Fruits Section

- **Organic Green Papaya (for salad)**

Green papaya is known as the 'power fruit' because it is used as a universal remedy for many diseases. It contains several beneficial enzymes and has a high antioxidant content. It strengthens the immune system and helps the digestive one. Our **organic green papayas** have a green skin and translucent light yellow-green flesh, the texture is frothy and has a mild cucumber-like taste. Its seeds are sour and peppery - they can be ground and used as a pepper substitute. Green papaya is mainly used for salads, but it can also be pickled or added to soups. Take a look at our recipes:

1. [recipe 1](#)
2. [recipe 2](#)

- **Organic Papaya**

This incredibly healthy tropical fruit can reduce inflammation, protect against certain cancers and improve heart health and digestion. Our **organic papaya** is particularly rich in antioxidants as well as vitamin A and C. For its wonderful flavour, it is often used in Asian, Thai, Caribbean, and Indian cuisines, either raw or cooked. It can be served at any time of the day, check out our recipes to get some inspiration:

1. [recipe 1](#)
2. [recipe 2](#)

- **Organic Lemon**

Our **organic lemons** can have a particularly positive impact in terms of iron absorption, lowering blood pressure and boosting the immune system. They are also rich in vitamin C, B1, B2 and B6 and in dietary fibre. They usually say: "*when life gives you lemons, make lemonade*", but there is so much more you can get from them. These peculiar fruits can be used to prepare a great variety of meals, including salads, wraps and drinks. Check out our recipes:

1. <https://www.eatfresh.com.hk/blogs/recipes/organic-lemon-tahini-quinoa-collard-wraps>
2. <https://www.eatfresh.com.hk/blogs/recipes/lemon-pepper-glazed-cauliflower>

- **Organic Oranges**

Oranges are perfect to offer your immune system a boost as well as protecting your skin from damages and lowering your blood pressure. They represent a good source of fibre and are rich in vitamin C, potassium and calcium. Our **organic oranges** are an incredibly versatile ingredient which can be the perfect base for an incredible variety of dishes and drinks, including salads, soups, juices, marmalades and many desserts. Check out our recipes:

1. <https://www.eatfresh.com.hk/blogs/recipes/the-perfect-orange-full-juice-1>

2. <https://www.eatfresh.com.hk/blogs/recipes/radicchio-quinoa-and-orange-salad>

- **Organic Sweet Apple**

Sweet apples can be classified among the most exceptionally healthy fruits. Our **organic sweet apples** are a good source of fibre and vitamin C. They are rich in soluble fibre, which helps to lower cholesterol. They also have polyphenols, which help reduce blood pressure and the risk of stroke. Red and crunchy, they can be used as the basis for a multitude of recipes, from sweet to savoury, check out recipes:

1. <https://www.eatfresh.com.hk/blogs/recipes/organic-beetroot-apple-mint-salad>
2. recipe 2

Salads & Herbs Section

- **Organic Garlic**

Garlic is appreciated for reducing cholesterol levels and supporting the immune function by protecting the body from sickness such as common cold. Moreover, the active compounds present in this vegetable can reduce blood pressure. Despite being low in calories, our **organic garlic** is highly nutritious and represents a good source of manganese, selenium and vitamin C and B6. Mixed with butter, roasted or fried in a pan, garlic adds flavour to just about any dish, check out our recipes:

1. <https://www.eatfresh.com.hk/blogs/recipes/garlicky-french-beans-with-slivered-almonds>
2. <https://www.eatfresh.com.hk/blogs/recipes/spaghetti-aglio-e-olio-with-kale>

- **Organic Mint**

Widely appreciated for its oral care benefits, mint is associated with many other healthy properties. According to many studies, this herb has positive effects on the brain, improving alertness, memory, and cognitive functions and decreasing levels of frustration, anxiety and fatigue. Our **organic mint** also aids digestion and is rich in iron, calcium and vitamin A. With its refreshing and fragrant flavour, this herb is a welcome addition to both sweet and savoury meals. Check out our recipes:

1. <https://www.eatfresh.com.hk/blogs/recipes/organic-beetroot-apple-mint-salad>
2. <https://www.eatfresh.com.hk/blogs/recipes/whatever-needs-to-go-minestrone>

- **Organic Parsley**

Parsley is so much more than a frilly, green garnish on the edge of your plate. This underrated and oft-overlooked leafy green is actually a superfood which has been used to treat different kinds of medical conditions such as inflammatory diseases, allergies, and high blood pressure. It can also prevent wrinkles and fine lines, strengthen the bones and protect from cancer. Rich in calcium, potassium, magnesium and vitamin A, C and K, our **organic parsley** represents an easy, low-calorie way to add high-powered health and flavour complexity to your dishes. Check out our recipes:

1. <https://www.eatfresh.com.hk/blogs/recipes/oyster-mushroom-steak>
2. <https://www.eatfresh.com.hk/blogs/recipes/stuffed-zucchini>

- **Organic Red Lettuce**

Aside from adding a burst of colour to your dishes, our **organic red lettuce** has numerous benefits. This vegetable is nutrient dense but very low in calories. It is connected with improved eye health and vision and may reduce your risk of heart disease and certain cancers. It represents a great source of calcium, magnesium and vitamin A and K. Although red lettuce is mainly known for its use in salads, it can be eaten in a variety of ways, check out our recipes to get inspiration.

1. <https://www.eatfresh.com.hk/blogs/recipes/healthy-vegetarian-crepes>
2. [recipe 2](#)

Vegetables Section

- **Organic Asparagus**

Asparagus is an incredibly healthy vegetable to eat. It contains 40% of the vitamin K needed for the day, which helps with blood clotting and bone health. It also contains vitamin E and C and some tryptophan. This vegetable is fat-free, sodium-free and has only 4 calories per spear. Our **organic asparagus** has a sweet taste and a wonderfully creamy texture and can be eaten in a multitude of different ways. Asparagus is wonderful served cold with some sauce, or in a green salad, but also grilled or baked as a delicious side dish. Try our recipes:

1. <https://www.eatfresh.com.hk/blogs/recipes/miso-tahini-noodles-with-asparagus-and-tofu>
2. <https://www.eatfresh.com.hk/blogs/recipes/organic-healthy-asparagus-soup>

- **Organic Curly Kale**

Our **organic curly kale** is an excellent source of folic acid, vitamin C, beta-carotene and antioxidants to such an extent that in classical antiquity and the Middle Ages it was known as 'the poor man's medicine'. This delicious vegetable can be used in different ways: from crispy baked chips, to a basic ingredient in omelettes and pies, or to make detox soups and smoothies. Let your imagination run wild and enjoy our curly kale. Here are a few recipe ideas:

1. <https://www.eatfresh.com.hk/blogs/recipes/kale-cauliflower-lentil-salad-with-charred-lemons-2>
2. <https://www.eatfresh.com.hk/blogs/recipes/massaged-organic-kale-salad>

- **Organic French Beans**

Smaller than common green beans and characterised by a soft, velvety pod, our **organic french beans** provide many health benefits. They can reduce depression symptoms, protect against cancer and support bone health. They also represent a good source of folate, magnesium, potassium and vitamin A and K. French beans are a must-have in the kitchen as they can get along with a great variety of dishes.

They can be served as a tender addition to curries, soups, risotto recipes or as a humble side dish.

1. <https://www.eatfresh.com.hk/blogs/recipes/garlicky-french-beans-with-slivered-almonds>
2. <https://www.eatfresh.com.hk/blogs/recipes/homemade-tagliolini-with-mixed-vegetables>

- **Organic Red Cabbage**

Our **organic red cabbage** belongs to the brassica group of vegetables and has firmly packed dark red-purple leaves. It is associated with many health benefits such as increased bone mineral density, protection against certain cancers and inflammation. It represents a good source of fibre, potassium and vitamin A, C, K, and B6. Red cabbage can be particularly versatile as it can be served in festive spiced side dishes as well as flavourful stir-fries or satisfying packed lunches. Check out our recipes:

1. <https://www.eatfresh.com.hk/blogs/recipes/braised-red-cabbage-and-apples>
2. recipe 2

- **Organic String Beans**

Our **organic string beans** are an essential vegetable to add to your diet as they help the body create collagen fibres which hold tissues together, keep the skin strong and intact and protect the bones from breaks. They contain lots of essential nutrients like vitamin C, beta-carotene and manganese. You can enjoy string beans either raw or cooked, they can be added to salads, wraps or sandwiches, or served as a snack along with a healthy dip, such as hummus. Check out our recipes:

1. recipe 1
2. recipe 2

- **Organic Sweet Pepper**

High in vitamin C, sweet peppers are not only tasty but can also reduce the risk of certain chronic or age-related health conditions. Sweet peppers provide a large volume of food with few calories, carbohydrates or fat. Our **organic sweet peppers** are packed with nutrients, including vitamin A, C and B6. They are tasty and versatile, in fact, they can be a simple snack or the basis for a main course. Peppers can be stuffed, baked, grilled, sautéed, pureed for soups and sauces and so on. Take a look at our recipes:

1. <https://www.eatfresh.com.hk/blogs/recipes/veggie-stuffed-organic-sweet-peppers>
2. recipe 2

- **Organic Tomato**

The main characteristic of tomatoes is their high water content, which makes up 94%, making its fat content negligible, resulting in a very low-calorie intake. Tomatoes are a source of valuable nutrients, especially folate, potassium, phosphorus and vitamin C and K. If we had to describe our **organic tomatoes** in 3 adjectives, they would certainly be diuretic, digestive and - above all - tasty. Their

malleability in the kitchen allows them to be used in a variety of recipes, such as those we propose here below:

1. <https://www.eatfresh.com.hk/blogs/recipes/vegetable-chunky-soup>
2. recipe 2