

Lychee



lychee has a high level of Vitamin C that meets around 86% of our daily needs. It strengthens our immunity and protects our body from free radicals.



Lychee is locally grown in Hawaii and can easily be found anywhere on the island.



Just like the avocado and mango, lychee is another fruit that only has one seed.

lychee are grown on trees, and grow in bunches. They have a reddish orange skin, and usually thrive in the summer.

