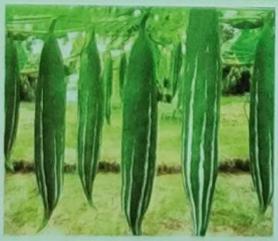




CATALOGUE FOR FRESH VEGETABLES & FRUITS OF BANGLADESH



List of Fresh Vegetables

Local name	English name	Time of Production/ Availability
	Potato	All season
	Brinjal/Aubergine	All season
Bago	Cowpea	All season
Borbor	Dhudi	All season
Chal Kumra/Jali	Snake gourd/Chichora	April-October
Chichinga	/Parval	All season
Data sak	Amaranthus	November-February
Dhane Pata	Coriander leaves	November-February
Dhundul	Bath sponge (green)	All season
Jhinga	Drumstick	All season
Kacha	Ribbed gourd/Turia	All season
Marich	Green Chilli	All season
Kacha pepe	Green papaya	All season
Kacha Kala	Matoke/Plantain	July-September
Kakrol	Kantola	All season
Lal sak	Red Amaranthus	All season
Lau	Squash	April-October
Misti Alu	Sweet potato	November-February
Misti Kumra	Sweet gourd/Pumpkin	April-October
Mukhi Kachu	Eddoes	All season
Potal Pui sak	Palwal/Tindori	All season
Shim Shim Bichi	Callaloo	November-February
Ada	Flat bean	All season
Akh	Flat bean seeds	All season
Pan (Bangla)	Ginger	All season
Pan (Khashia)	Sugar Cane	All season
	Betel leaf	All season
	Betel leaf	All season

List of Fresh Fruits

Local name	English name	Time of Production/ Availability
Aam	Mango	May-September
Amra	Golden Apple	April-October
Boroi	Berr/Jujubi	November-February
Champa Kala	Apple Banana	All Season
Golap Jam	Jam	May-June
Jalpai	Olive	November-February
Jambura/ Barabilebu	Shaddoc/Pummelo	April-October
Kagji Lebu	Lime	All season
Kamranga	Carambola/Star fruit	April-October
Kathal	Jackfruits	April-July
Peara	Guava	All season

Eng. Name : Egg Plant/Aubergine
Sc. Name : Solanum melongena
Usage : Cooked veg.

Description

Size	Color	Season	Shelf life	Tem.
Oval, pear shaped	Violet, Green with white stripes	Round the year	10-days wk 92%-98% RH	10°C

Nutritive value : G/100G

Rf.	Ms.	TM	Fb.	Kc.	Pn.	Ft.	Ch
9	92	.8	1.3	42	1.8	2.9	12.2

Nutritive value : Mg/100G

P	Ca.	Fe.	Thi	Rb.	Vit. C	B. Cro
9	28	.9	.12	.08	5	74



Eng. Name : French Bean
Sc. Name : Phaseolus Vulgaris
Usage : Eaten Cooked

Description

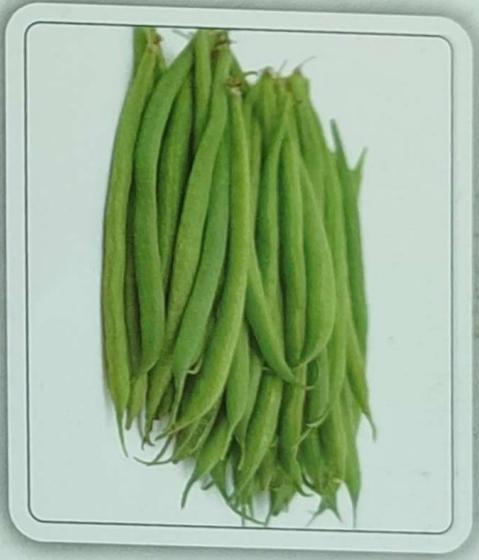
Size	Color	Season	Shelf life	Tem.
cm	Green	Jun-Feb	7 days 90%-95% RH	5-6°C

Nutritive value : G/100G

Rf.	Ms.	TM	Fb.	Kc.	Pn.	Ft.	Ch
6	91.4	.5	1.8	48	3.8	.7	6.8

Nutritive value : Mg/100G

P	Ca.	Fe.	Thi	Rb.	Vit. C	B. Cro
210	1.7	.10	.06	9	187	132



Eng. Name : Better Gourd
Sc. Name : Momordica Charantia
Usage : Cooked Vegetable

Description

Size	Color	Season	Shelf life	Tem.
cm	Green	April-Sep	2-3 wk 92%-95% RH	10°C

Nutritive value : G/100G

Rf.	Ms.	TM	Fb.	Kc.	Pn.	Ft.	Ch
14	92.2	0.9	0.8	28	2.5	.1	4.3

Nutritive value : Mg/100G

P	Ca.	Fe.	Thi	Rb.	Vit. C	B. Cro
70	20	1.8	.04	.02	88	126



Eng. Name : Taro Stolon
Sc. Name : Colocacia spp.
Usage : Cooked Veg.

Description

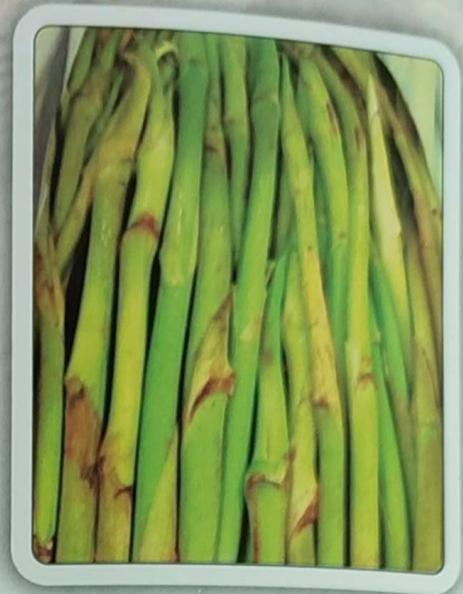
Size	Color	Season	Shelf life	Tem.
60-100cm	Green	Mar-Nov	7-14 days 80%-90% RH	10-12°C

Nutritive value : G/100G

Rf.	Ms.	TM	Fb.	Kc.	Pn.	Ft.	Ch
18	92	13		35	.5		3.6

Nutritive value : Mg/100G

P	Ca.	Fe.	Thi	Rb.	Vit. C	B. Cro
20		5	.07		3.0	1.4



Eng. Name : Green Chilli
Sc. Name : Casicum frutescens
Usage : as dessert & Prickle

Description

Size	Color	Season	Shelf life	Tem.
8.3x6cm	Green or ripe yellow	Mar-Aug	2-3 wk 90%-95% RH	12°C

Nutritive value : G/100G

Rf.	Ms.	TM	Fb.	Kc.	Pn.	Ft.	Ch
10	85.5	1.0	6.8	103	2.9	.6	3.0

Nutritive value : Mg/100G

P	Ca.	Fe.	Thi	Rb.	Vit. C	B. Cro
80	30	1.2	.4	.39	285	2340



Eng. Name : Betel Leaves
Sc. Name : Plper betle
Usage : for chweing.

Description

Size	Color	Season	Shelf life	Tem.
12-25cm 8-15cm	Green	Round the year	7 days 90%-95% RH	10-12°C

Nutritive value : G/100G

Rf.	Ms.	TM	Fb.	Kc.	Pn.	Ft.	Ch

Nutritive value : Mg/100G

P	Ca.	Fe.	Thi	Rb.	Vit. C	B. Cro



Eng. Name : **Indian Olive**
Sc. Name : **Eleccarpus floribundus**
Usage : as dessert, or processing pickle

Description

Size	Color	Season	Shelf life	Tem.
cm	Green	Sep-Mar	10-15 days 80%-90% RH	4°C

Nutritive value : G/100G

Rf.	Ms.	TM	Fb.	Kc.	Pn.	Ft.	Ch
46	82	.7	1.6	70	1.0	.1	16.5

Nutritive value : Mg/100G

P	Ca.	Fe.	Thi	Rb.	Vit. C	B. Cro
30	30	3.4	.03	.01	29	120



Eng. Name : **Yeard Long Bean**
Sc. Name : **Vigna sinensis Sesquipemdales**
Usage : Cooked Veg.

Description

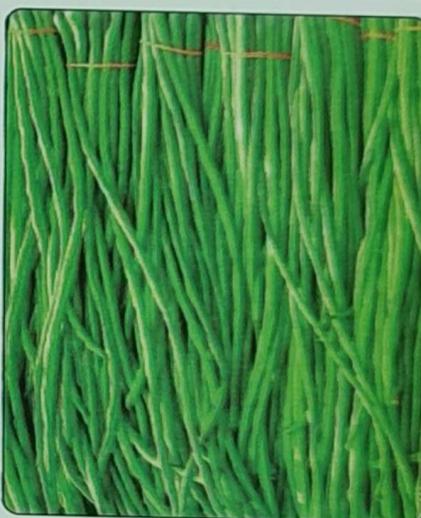
Size	Color	Season	Shelf life	Tem.
cm	yellow to violet	Apr-Nov	7-14 days 90%-95% RH	7-10°C

Nutritive value : G/100G

Rf.	Ms.	TM	Fb.	Kc.	Pn.	Ft.	Ch
10	87	.8	38	50	3	.2	9

Nutritive value : Mg/100G

P	Ca.	Fe.	Thi	Rb.	Vit. C	B. Cro
74	33	2.5	14	.03	13	564



Eng. Name : **Indian Spinach**
Sc. Name : **Basella rube**
Usage : Cooked Veg.

Description

Size	Color	Season	Shelf life	Tem.
0cm	Green	Feb-Oct.	7 days 90%-95% RH	0°C

Nutritive value : G/100G

Rf.	Ms.	TM	Fb.	Kc.	Pn.	Ft.	Ch
29	92	1.	-	17	1.9	0.2	3.0

Nutritive value : Mg/100G

P	Ca.	Fe.	Thi	Rb.	Vit. C	B. Cro
	64	1.2	.08	0.12	166	1686



Eng. Name : **Pointed Gourd**
Sc. Name : *Trichosanthes dioica*
Usage : Eaten Cooked

Description

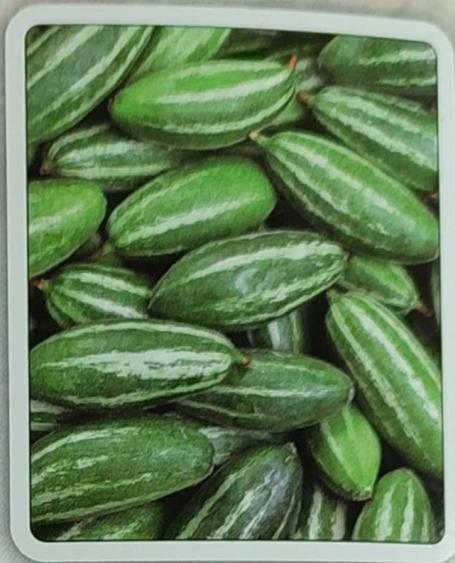
Size	Color	Season	Shelf life	Tem.
4-8 cm Long	L/Green with strips	Mar-Nov	14- days 90%-95% RH	10-12°C

Nutritive value : G/100G

	Ms.	TM	Fb.	Kc.	Pn.	Ft.	Ch
	.5		3	31	2.4	.6	4.1

Nutritive value : Mg/100G

	Fe.	Thi	Rb.	Vit. C	B. Cro
	1.7	.05	-	29	153



Eng. Name : **Ash Gourd**
Sc. Name : *Benincasa hispida*
Usage : Eaten Cooked

Description

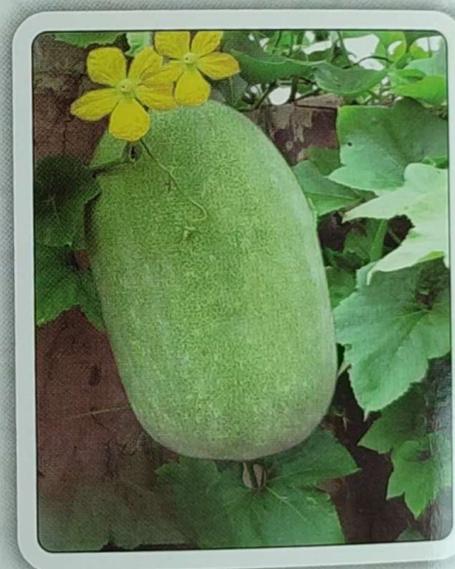
Size	Color	Season	Shelf life	Tem.
10-12cm Long	L/Green	Mar-Nov	14- days 90%-95% RH	10-11°C

Nutritive value : G/100G

Rf.	Ms.	TM	Fb.	Kc.	Pn.	Ft.	Ch
33	95.5	.3	.8	30	.40	.1	1.9

Nutritive value : Mg/100G

P	Ca.	Fe.	Thi	Rb.	Vit. C	B. Cro
20	30	.8	.06	.01	1	



Eng. Name : **Lady s Finger/Okra**
Sc. Name : *abelmoschu esculentus.*
Usage : as dessert & Prickle

Description

Size	Color	Season	Shelf life	Tem.
10-15cm long	Green	Round the year	10-days 92%-98% RH	10°C

Nutritive value : G/100G

Rf.	Ms.	TM	Fb.	Kc.	Pn.	Ft.	Ch
16	88.3	1.0	1.2	43	1.8	.1	8.7

Nutritive value : Mg/100G

P	Ca.	Fe.	Thi	Rb.	Vit. C	B. Cro
56	116	1.5	.04	.16	10	52



Eng. Name : Bottle Gourd
 Sc. Name : *Lygenaria siceraria*
 Usage : Cooked Vegetable

Description

Size	Color	Season	Shelf life	Tem.
cm	Green	Round the year	2 wk 90%-95% RH	10-11°C

Nutritive value : G/100G

Rf.	Ms.	TM	Fb.	Kc.	Pn.	Ft.	Ch
2	94.6	.5	.08	18	.5	.3	3.3

Nutritive value : Mg/100G

P	Ca.	Fe.	Thi	Rb.	Vit. C	B. Cro
20	16	.3	.04	.06	0	96



Eng. Name : Sanke Gourd
 Sc. Name : *Trichosanthes anguina*
 Usage : Cooked Vegetable

Description

Size	Color	Season	Shelf life	Tem.
cm	G/Green or white	Mar-Aug	2- wk 90%-95% RH	10-12°C

Nutritive value : G/100G

Rf.	Ms.	TM	Fb.	Kc.	Pn.	Ft.	Ch
2	94.6	.5	.8	18	.5	.3	3.3

Nutritive value : Mg/100G

P	Ca.	Fe.	Thi	Rb.	Vit. C	B. Cro
20	16	.3	.04	.04	0	96



Eng. Name : Banana
 Sc. Name : *Musa sapientum*
 Usage : as dessert & Prickle

Description

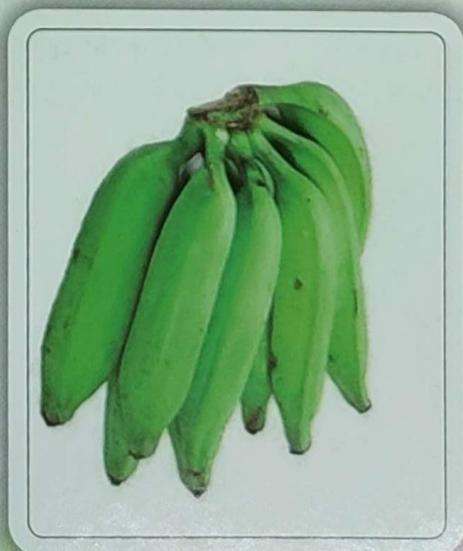
Size	Color	Season	Shelf life	Tem.
20-30cm Long	L. Green ripe yellow	Round the year	2-3 wk 90%-9% RH	13°C

Nutritive value : G/100G

Rf.	Ms.	TM	Fb.	Kc.	Pn.	Ft.	Ch
29	62.7	.9	.4	109	.70	.8	25

Nutritive value : Mg/100G

P	Ca.	Fe.	Thi	Rb.	Vit. C	B. Cro
29	13	.9	.1	.06	24	78



Eng. Name : Country Bean

Sc. Name : Dolichos labab

Usage : Cooked Veg.

Description

Size	Color	Season	Shelf life	Tem.
70cm	Green / violet	Nov- June	14-days 90%-95% RH	7-10°C

Nutritive value : G/100G

Rf.	Ms.	TM	Fb.	Kc.	Pn.	Ft.	Ch
	89.9	.7	1.9	38	3.9	.9	5.4

Nutritive value : Mg/100G

P	Ca.	Fe.	Thi	Rb.	Vit. C	B. Cro
64	28	2.6	.05	.01	2	188



Eng. Name : Lemon

Sc. Name : Citrus limon

Usage : as dessert & Prickle

Description

Size	Color	Season	Shelf life	Tem.
11x7.3cm	Green or ripe yellow	Round the year	1-4 Months 57%-59% RH	14-15°C

Nutritive value : G/100G

Rf.	Ms.	TM	Fb.	Kc.	Pn.	Ft.	Ch
24	84.6	.7	1.3	59	1.5	1	10

Nutritive value : Mg/100G

P	Ca.	Fe.	Thi	Rb.	Vit. C	B. Cro
10	90	.3	.02	.03	63	15



Eng. Name : Cucumber

Sc. Name : Cucumis satives L

Usage : Cooked Veg. & raw as salad.

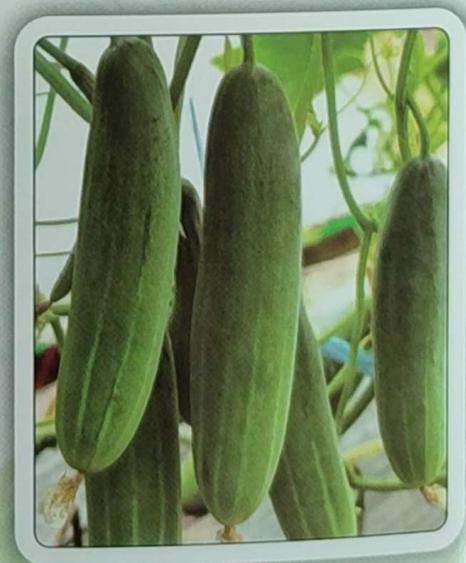
Size	Color	Season	Shelf life	Tem.
cm	L/Green or ripe Orange yellow	Round the year	14- days 90%-95% RH	10-15°C

Nutritive value : G/100G

Rf.	Ms.	TM	Fb.	Kc.	Pn.	Ft.	Ch
17	94.9	4.4	.4	22	1.6	0.1	3.5

Nutritive value : Mg/100G

P	Ca.	Fe.	Thi	Rb.	Vit. C	B. Cro
25	14	1.5	.16	.02	5	0



Eng. Name : Baby Corn
 Sc. Name : *Zea mays var. saccharata*
 Usage : Eaten Cooked or Veg.

Description

Size	Color	Season	Shelf life	Tem.
cm	yellow	Round the year	4-8 days 90%RH	0°C

Nutritive value : G/100G

Rf.	Ms.	TM	Fb.	Kc.	Pn.	Ft.	Ch
	67.1	.8	1.9	125	4.7	.9	24.6

Nutritive value : Mg/100G

P	Ca.	Fe.	Thi	Rb.	Vit. C	B. Cro
	9	1.1	1.1	.17	6	90



Eng. Name : Potato
 Sc. Name : *Solanum tuberosum*
 Usage : for veg. & Processing

Description

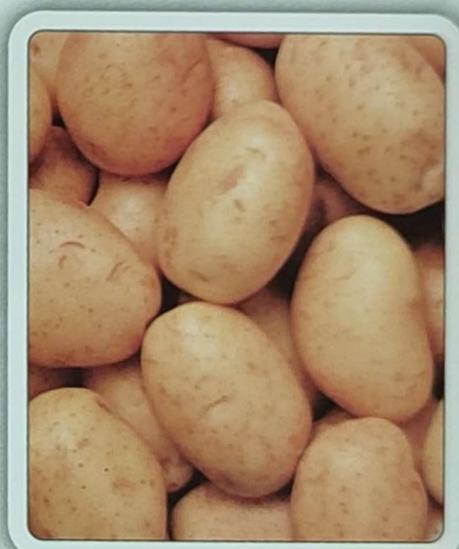
Size	Color	Season	Shelf life	Tem.
Round Oval elongated	White, Creamy white Red, Pink & yellowish	Nov-June	10 Month 95%-98% RH	4-70°C

Nutritive value : G/100G

Rf.	Ms.	TM	Fb.	Kc.	Pn.	Ft.	Ch
15	74.7	0.6	0.4	97	1.6	0.8	22.6

Nutritive value : Mg/100G

P	Ca.	Fe.	Thi	Rb.	Vit. C	B. Cro
	11	0.7	.03	.03	10	24



Eng. Name : Sweet Potato
 Sc. Name : *Ipomoea batatas*
 Usage : Cooking for starchy food

Description

Size	Color	Season	Shelf life	Tem.
Irregular & ob Long	Light Brown to red-dish brown & white	Dec-June	3.6 Month 9% RH	0°C

Nutritive value : G/100G

Rf.	Ms.	TM	Fb.	Kc.	Pn.	Ft.	Ch
8	68.5	1.1	.8	120	1.2	.3	28.2

Nutritive value : Mg/100G

P	Ca.	Fe.	Thi	Rb.	Vit. C	B. Cro
80	30	1.2	.4	.39	285	2340



Eng. Name : Arum
Sc. Name : Colocasia spp
Usage : As for Cooked Veg.

Description

Size	Color	Season	Shelf life	Tem.
25cm & above Dia. 1-2.5cm	Green Light violet	Mar-Oct	7-days 95%-98% RH	0°C

Nutritive value : G/100G

Rf.	Ms.	TM	Fb.	Kc.	Pn.	Ft.	Ch
20	92.5	1.5	1.2	19	.90	.1	35

Nutritive value : Mg/100G

P	Ca.	Fe.	Thi	Rb.	Vit. C	B. Cro
3	260	1.8	.01	.18	10	395



Eng. Name : Pumpking/SWG
Sc. Name : Cucurbita moschata
Usage : Cooked Veg.

Description

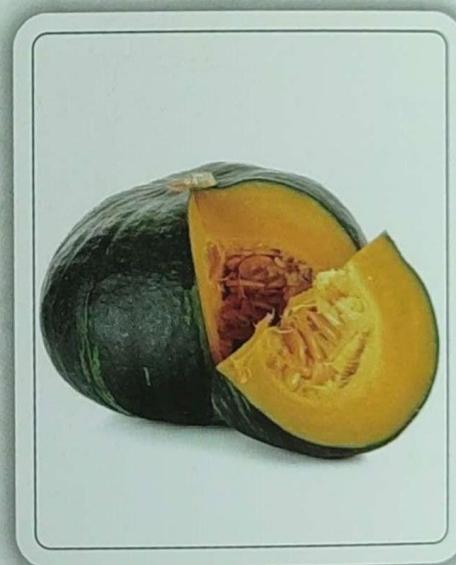
Size	Color	Season	Shelf life	Tem.
Round but at oth end grooved & creased	Green/L/ Yellow violet	Round the year	6-9 Month 70%-75% RH	1.7 11.6°C

Nutritive value : G/100G

Rf.	Ms.	TM	Fb.	Kc.	Pn.	Ft.	Ch
21	93	.7	.7	30	1.4	.5	4.5

Nutritive value : Mg/100G

P	Ca.	Fe.	Thi	Rb.	Vit. C	B. Cro
30	48	.7	.07	.06	28	7200



Eng. Name : Taro Cormel/Eddoe
Sc. Name : Colocacia esculenta
Usage : Cooked Veg.

Description

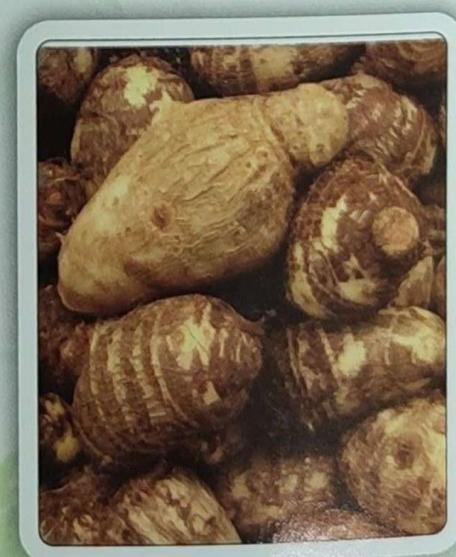
Size	Color	Season	Shelf life	Tem.
90-100cm long	Green & white	Mar-Nov	14-21 days 60%-65% RH	13- 15°C

Nutritive value : G/100G

Rf.	Ms.	TM	Fb.	Kc.	Pn.	Ft.	Ch
20	86.6	1.7	1.0	97	1.7	1.8	21.1

Nutritive value : Mg/100G

P	Ca.	Fe.	Thi	Rb.	Vit. C	B. Cro
140	40	1.7	.09	.02	5	24





P	Ca.	Fe.	Thi	Rb.	Vit. C	B. Cro
22.08	10	0	0.03	0.04	0	0

Nutritive value : Mg/100C

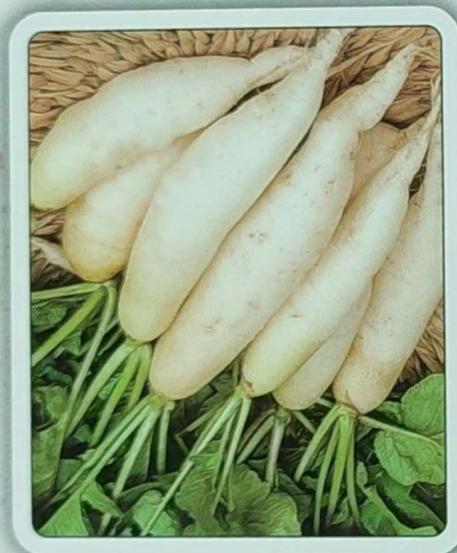
Rf.	Ms.	Tm	Fb.	Kc.	Pn.	Ft.	Ch
0	0	0	0.56	242	0.16	0.04	0

Nutritive value : ML/100ml

Size	Color	Season	Shelf life	Tem.
8.3x6cm	Green or ripe yellow	All season	2-3 wk	90%-95% RH 12°C

Description

Eng. Name : **Sugar Cane**
 Sc. Name : *Saccharum officinarum*
 Usage : Juice



P	Ca.	Fe.	Thi	Rb.	Vit. C	B. Cro
20	25	0.34	0.012	0.039	14.8	0

Nutritive value : Mg/100C

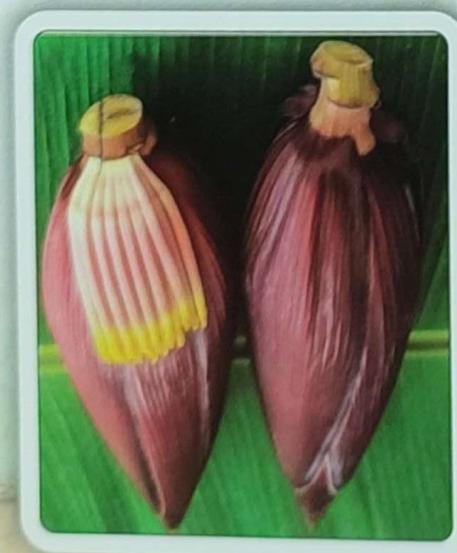
Rf.	Ms.	Tm	Fb.	Kc.	Pn.	Ft.	Ch
0	0	0	1.6	16	0.68	0.10	3.4

Nutritive value : G/100C

Size	Color	Season	Shelf life	Tem.
8.3x6cm	Green or ripe yellow	Nov-Apr	2-3 wk	90%-95% RH 12°C

Description

Eng. Name : **RADISH**
 Sc. Name : *Raphanus sativus*
 Usage : Root/Stem/Leaves



P	Ca.	Fe.	Thi	Rb.	Vit. C	B. Cro
42.0	32.0	1.6	0.05	0.02	420 IU	0

Nutritive value : Mg/100C

Rf.	Ms.	Tm	Fb.	Kc.	Pn.	Ft.	Ch
0	0	0	1.3	0	1.7	0.7	5.1

Nutritive value : G/100C

Size	Color	Season	Shelf life	Tem.
8.3x6cm	Green or ripe yellow	All Season	2-3 wk	90%-95% RH 12°C

Description

Eng. Name : **Banana Flower**
 Sc. Name : *Musa sp*
 Usage : Inflorescence

Eng. Name : Mustard Leaves

Sc. Name : Brassica sp.

Usage : Leaves

Description

Size	Color	Season	Shelf life	Tem.
8.3x6cm	Green or ripe yellow	Nov-Apr	2-3 wk 90%-95% RH	12°C

Nutritive value : G/100G

Rf.	Ms.	TM	Fb.	Kc.	Pn.	Ft.	Ch
0	91.0	0	4.4	25	2.0	0.3	1.5

Nutritive value : Mg/100G

P	Ca.	Fe.	Thi	Rb.	Vit. C	B. Cro
0	115	1.64	0.080	0.110	70	0



Eng. Name : Amaranth

Sc. Name : Amaranthus viridis

Usage : Leaves and Stem

Description

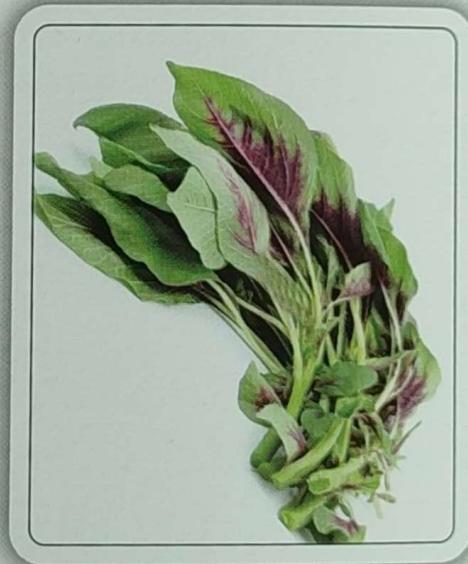
Size	Color	Season	Shelf life	Tem.
8.3x6cm	Green or ripe yellow	Mar-Aug	2-3 wk 90%-95% RH	12°C

Nutritive value : G/100G

Rf.	Ms.	TM	Fb.	Kc.	Pn.	Ft.	Ch
0	91.0	0	4.4	25	2.0	0.3	1.5

Nutritive value : Mg/100G

P	Ca.	Fe.	Thi	Rb.	Vit. C	B. Cro
0	171	8.4	0.03	0.18	37.1	0



Eng. Name : Red Amaranth

Sc. Name : Amaranthus sp.

Usage : Leaves and Stem

Description

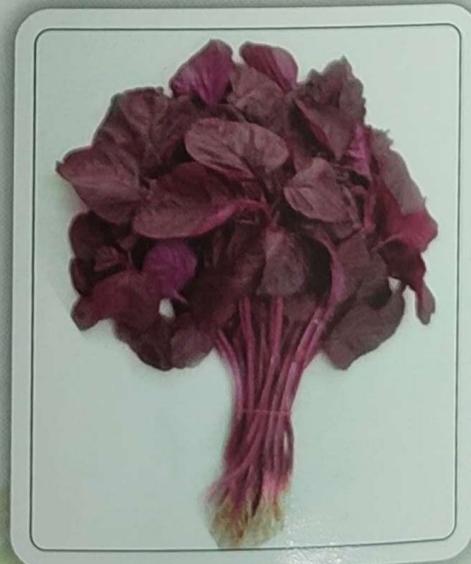
Size	Color	Season	Shelf life	Tem.
8.3x6cm	Red or ripe yellow	All Season	2-3 wk 90%-95% RH	12°C

Nutritive value : G/100G

Rf.	Ms.	TM	Fb.	Kc.	Pn.	Ft.	Ch
0	88.8	0	4.2	32	4.5	0.3	0.5

Nutritive value : Mg/100G

P	Ca.	Fe.	Thi	Rb.	Vit. C	B. Cro
0	256	6.0	0.03	0.13	42.0	0



Eng. Name : Mango
 Sc. Name : *Maangiferea indica*
 Usage : as dessert & Prickle

Description

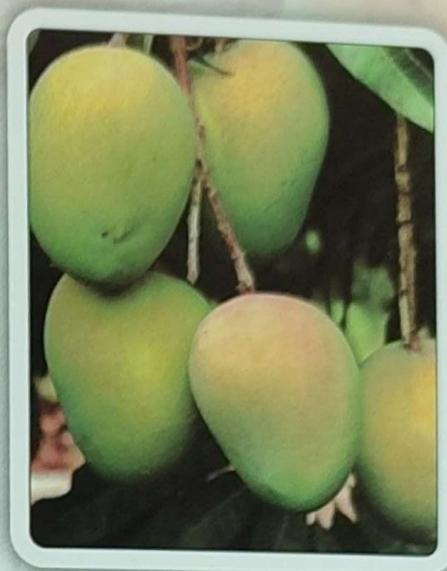
Size	Color	Season	Shelf life	Tem.
8.3x6cm	Green or ripe yellow	Mar-Aug	2-3 wk 90%-95% RH	12°C

Nutritive value : G/100G

Rf.	Ms.	TM	Fb.	Kc.	Pn.	Ft.	Ch
86	78.6	.4	1.7	90	1.0	.7	20

Nutritive value : Mg/100G

P	Ca.	Fe.	Thi	Rb.	Vit. C	B. Cro
16	16	1.3	.1	0.07	41	8300



Eng. Name : Jackfruit
 Sc. Name : *Artocarpur heterophyllus*
 Usage : Ripe for processing, as dessert tender as veg. Cooking.

Description

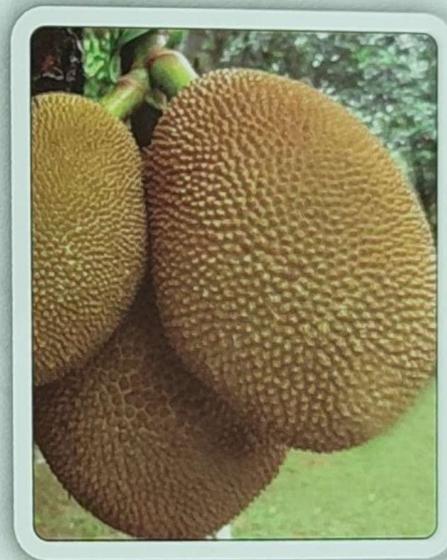
Size	Color	Season	Shelf life	Tem.
Variable large irregular	Plae Green to yellow	Feb-June	7-20 days 90%-95% RH	13°C

Nutritive value : G/100G

Rf.	Ms.	TM	Fb.	Kc.	Pn.	Ft.	Ch
70	88	1.1	.2	88	1.9	3	9.9

Nutritive value : Mg/100G

P	Ca.	Fe.	Thi	Rb.	Vit. C	B. Cro
41	20	.5	3.0	.15	21	4700



Eng. Name : Guava
 Sc. Name : *Psidium Guajaba L*
 Usage : Eaten raw, also for Veg.

Description

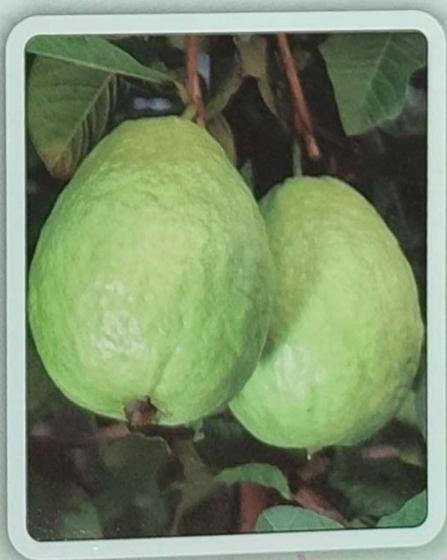
Size	Color	Season	Shelf life	Tem.
Round or oval dia 5cm	yellowish Green or Yellow	Round the year	21 Days 90% RH	12°C

Nutritive value : G/100G

Rf.	Ms.	TM	Fb.	Kc.	Pn.	Ft.	Ch
0	81.7	0.7	5.2	51	.90	.3	11.3

Nutritive value : Mg/100G

P	Ca.	Fe.	Thi	Rb.	Vit. C	B. Cro
28	10	1.4	.21	.09	212	100



Eng. Name : Paineapple
 Name : *Ananas comosus merr*
 Usage : as dessert & Prickle

Description

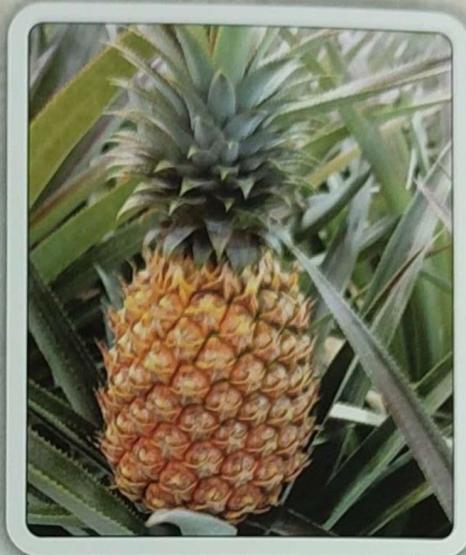
Size	Color	Season	Shelf life	Tem.
600-2500cm	yellow Green	Round the year	2-3 wk 90%-95% RH	10-12°C

Nutritive value : G/100G

Rf.	Ms.	TM	Fb.	Kc.	Pn.	Ft.	Ch
26	78.6	.4	1.7	90	1.0	.7	20

Nutritive value : Mg/100G

P	Ca.	Fe.	Thi	Rb.	Vit. C	B. Cro
16	16	1.3	.1	0.07	41	8300



Eng. Name : Papaya
 Sc. Name : *Carica Papaya L*
 Usage : For Veg. and dessert

Description

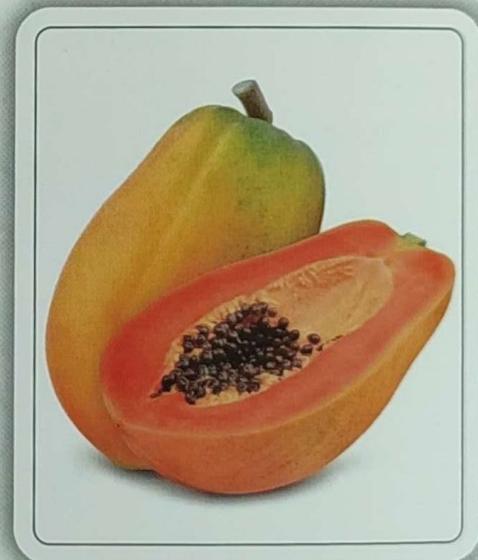
Size	Color	Season	Shelf life	Tem.
25-35cm Long	Green to yellow	Round the year	14-21 Days 85%-90% RH	10°C

Nutritive value : G/100G

Rf.	Ms.	TM	Fb.	Kc.	Pn.	Ft.	Ch
25	88.5	.7	.5	42	1.9	.2	9.5

Nutritive value : Mg/100G

P	Ca.	Fe.	Thi	Rb.	Vit. C	B. Cro
.13	31	.5	.08	.25	57	1020



Eng. Name : Start Fruit
 Sc. Name : *Averrhoa carambola*
 Usage : Waten raw or Processing or Pickle

Description

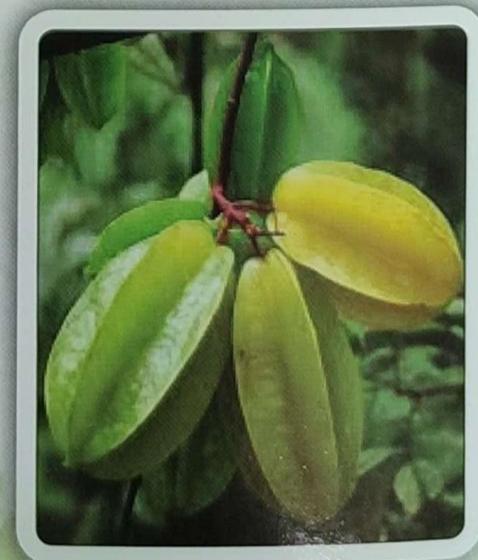
Size	Color	Season	Shelf life	Tem.
7-10cm Log	L. Green ripe Light yellow	Jul-Dec	21 days 90%-95% RH	5-7°C

Nutritive value : G/100G

Rf.	Ms.	TM	Fb.	Kc.	Pn.	Ft.	Ch
0	96.9	.1	3.8	11	1.0	.8	1.8

Nutritive value : Mg/100G

P	Ca.	Fe.	Thi	Rb.	Vit. C	B. Cro
	22	4.3	.09	.24	60	120



ABBREVIATION

Eng. N.	: English Name
Sc. N.	: Scientific Name
Nt. V.	: Nutritive value
Rf.	: Refuge
Ms	: Moisture
Tm	: Total Mineral
Fr.	: Fiber
Kc.	: Kilo Calorie
Pt.	: Protein
Ft.	: Fat
Ch.	: Carbohydrate
P.	: Phosphorus
Ca.	: Calcium
Fe.	: Iron
Th.	: Thiamin
Rb.	: Riboflavin
Vt. C.	: Vitamin C
B Caro	: Beta-Carotene (MCG)
Dctn.	: Description
Std.	: Standard
Min R.	: Minimum Requirement
Fr. Avl, Sn	: Fresh Available Season
Sf-life	: Shelf-life
Nt. PK.	: Nature of Package
Impt. Dmd.	: Importers Demand

All nutritive values are the average values only.



Bangladesh is a land of ever-green with favorable agro-climatic condition which made the country most suitable for growing agricultural fresh produce round the year. Bangladesh Fruits, Vegetables & Allied products Exporters Association (BFVAPEA) is only association in Bangladesh to help its member exporters for exporting horticultural fresh produce like vegetables fruits, potato, betel leaf and allied products to the different destination in global market. Currently there are more than 250 members actively involved with this business. BFVAPEA formally established in 1984 for export promotion and diversification. It is a non-profitable organization working to improve capacity of producers and exporters for production and export safe and quarantine pests free agricultural fresh produce follow GAP, GHP and GMP with record keeping trace back traceability system. Export of horticultural fresh produce is always being accomplishment from common platform of BFVAPEA in Bangladesh. Association is working trade facilitation for exporters improving business enabling environment to overcome government imposed regulatory obstacles and importing country compliance requirement to international market access. Association has led to introduce good agriculture practice in selected cluster farmers' level and able to make vegetables fruits and betel leaf free of microbial contamination with safe and quality assurance.

At present export of horticultural fresh produce major market for Bangladesh is United Kingdom (UK), Italy, France and Germany in Europe region, Kingdom of Saudi Arabia (KSA), UAE, Qatar, Kuwait, Oman and Bahrain in Middle East region, Malaysia, Singapore in Asia and Canada in North America respectively. We highly apprise the overseas importers those who looking for quality and safe produce which we guarantee to supply in time according to the schedule maintaining highest quality standard and at a competitive price. Bangladesh has ample opportunity to do business in joint collaboration in the agro based sectors. Association is always welcome the potential investor to invest agriculture sector in Bangladesh.

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