

## Exotic fruits and vegetables in our diet




In recent years, the availability of exotic fruits and vegetables from local farms in Bangladesh has been on the rise. This has been a welcome change for consumers as it has opened up a world of new flavours and textures for them to explore. No longer are they limited to the traditional fruits and vegetables commonly found in their region; they now have the opportunity to try a diverse array of exotic options.

Thanks to extensive local farming, fruits and vegetables like passion fruit, sweet orange, capsicum, Chinese cabbage, and asparagus, to name a few, can be found almost everywhere, be it from street vendors or super shops. Great for nutrition, flavour, and unique taste, these fruits and vegetables are providing a great addition to the diet of many Bangladeshis.

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