



INDONESIAN Fruits and Vegetables Catalogue



MINISTRY OF AGRICULTURE
REPUBLIC OF INDONESIA



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MINISTRY OF AGRICULTURE

INDONESIAN

Fruits and Vegetables

Catalogue



FOREWORD

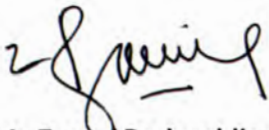
To promote Indonesian agricultural products to the world market and raise foreign exchange from export of agricultural products, Directorate of International Marketing Directorate General of Processing and Marketing for Agricultural Product carry out missions dealing with multilateral, regional and bilateral cooperation with related countries or international government organization. Aside from that, also actively involved in facilitating Indonesian farmers and private companies to joint international exhibition of agricultural products in many countries.

This book explains about some agricultural products which are produced in provinces of Indonesia. It shows some figures, production centers, type of products and list of companies dealing with those products, list of contact person and addresses of Agricultural Attache, Commercial Attache, and International Trade Promotion Center in some countries. Information written in this book are quoted from many sources. Therefore we would like to convey appreciation to whom that published those information publicly.

In the period of first quarter of 2008 we produced 6 books, namely: 1) Indonesian Tea Catalogue; 2) Indonesian Cocoa Catalogue; 3) Indonesian Coffee Catalogue; 4) Indonesian Flower and Ornamental Plant Catalogue; 5) Indonesian Spices and Herbal Products Catalogue; 6) Indonesian Fruits and Vegetables Catalogue.

We welcome critics and suggestion for further improvement, should you have any inquires please do not hesitate to contact our office.

Best Regards,



Dr. Ir. Zaenal Bachruddin, M. Sc
Director General of Processing and
Marketing of Agricultural Products
Ministry of Agriculture



Message from Minister of Agriculture Republic of Indonesia



Fruits and vegetables are important subjects included worldwide in the campaign of healthy living in modern way, in ordinary way and in other living styles. It is reasonable to place them as main subject because when consumed daily in just a little sufficient amounts or as part of a balanced diet, fruits and vegetables will help prevent serious diseases, including heart failure, stroke, diabetes, cancer, and deficiencies of precious micronutrients and vitamins.

Indonesia has rich resources of fruits and vegetables varieties, particularly those exotic tropical fruits that have vast potential to be available in international market.

So, you can still health and in fascinating shape although you are depressed spending hectic time by enjoying a delightful pieces of fresh or glass or cups of Indonesian fruit juices and vegetables. Just enjoy them and you'll be remaining healthier.

Jakarta, July 2008

A handwritten signature in black ink, appearing to be 'A. Apriyantono', written over a light blue circular stamp.

Anton Apriyantono

Minister of Agriculture
Republic of Indonesia



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Writer : Directorate of International Marketing
Directorate General of Processing and Marketing of Agricultural Products
Ministry of Agriculture

Address : Jl. Harsono RM No.3 Ragunan
D Building, the 2nd Floor, Room 232
Jakarta 12550, Indonesia

Website : <http://www.deptan.go.id/>

Phone : +62-21-78832763; 7815380 ext. 5222

Faximile : +62-21-78832763

Design by : Citra Swara (a group of Puspa Swara)

ISBN 978-979-1481-80-9

INDONESIAN FRUITS AND VEGETABLES

GENERAL INFORMATION

Fruits and Vegetables are grown throughout Indonesia, from Nanggroe Aceh Darussalam to Papua Provinces, especially in islands covered with rich volcanic soil. In any step traveling the fascinating Indonesia, you shall find exotic fruits and healthy vegetables offered anywhere including in the cool shelf of supermarket.

Indonesian rambutan, mango, salak, duku, durian, sawo (sapodilla) fruits and chilli, bayam (spinach), including leaf vegetables may present unique taste and flavors but they are fresh and offered in reasonable price.

This catalogue is presenting just part information of many Indonesian fruits and vegetables; hence you can be positively surprised on the experiences you find in your seeks on the tropical sensations.



FRUITS

Apples (*Malus sylvestris*)

In Indonesia apples are grown in East Java in the mountain region of Malang and Batu cities. The first apple tree sprouted up decades ago when a Dutchman with a green thumb tried to grow a four-season plant in a wholly different climate and on different soil too.

The people of Malang and its surrounding were quite happy with the new developed taste of the apple, and soon more apple orchards were established, not only in Malang, but also in other cities such as Pasuruan, Mojokerto, Probolinggo, Ponorogo, Nganjuk, Magetan and Madiun.

Malang still produces the largest yield of apples with an annual crop of averagely 203.000 ton. Apples from East Java are now enjoying great demand from juice producers, bakeries, and ordinary people since the homegrown fruits offered in a reasonable price tags.



Avocado (*Persea americana* Mill)

This rich fruit is known for its lush, buttery texture and mild, faintly nutlike flavor with soft oily edible flesh. Known early on as alligator pear. The skin can be thick to thin, green to purplish black and smooth to corrugate. The flesh is generally a pale yellow-green and softly succulent.

The avocado is a climateric fruit, which means that it matures on the tree but ripens off the tree. Avocados used in commerce are picked hard and green and kept in coolers at 38 to 42°F (3.3 to 5.6°C) until they reach their final destination.

The avocado is very popular in vegetarian cuisine, making an excellent substitute for meats in sandwiches and salads because of its high fat content. Avocado is popular in chicken dishes and as a spread on toast, served with salt and pepper. In some places avocados are considered sweet fruits, so are frequently used for

milk-shakes and occasionally added to ice cream and other desserts. In Indonesia, a dessert drink is made with sugar, milk, and pureed avocado.

Production centers: West Java, West Sumatra, East Java

Citrus (*Citrus reticulata* Blanco)

The most important of the citrus fruits commonly eaten include sweet oranges, mandarins, lemons, limes, grapefruits, and pummelos. These are eaten fresh, juiced, and in processed products. Citrus fruits have well-documented nutritional and health benefits as well as industrial uses.

In West Java, in a small place in the highlands grows 'jeruk Garut' (orange from Garut). It has better taste than other citrus varieties grow in the area. The skin of jeruk Garut remains freshly green even when ripe.

Production center: Nanggroe Aceh Darussalam (NAD), North Sumatra, West Sumatra, Riau, Jambi, Bengkulu, South Sumatra, Bangka Belitung, Lampung, Banten, West Java, Central Java, East Java, West Kalimantan, South Kalimantan, Central Sulawesi, Southeast Sulawesi, South Sulawesi, Gorontalo, Bali, West Nusa Tenggara (NTB), North Nusa Tenggara (NTT), North Maluku, Maluku, Papua

Duku (*Lansium domesticum* Corr)

Lansium domesticum is a medium-sized, single-trunked tree that usually grows from ten to fifteen meters tall.



Fruits are ovoid, roundish small orbs around five centimeters in diameter, usually found in clusters of two to thirty fruits. Each round fruit is covered by yellowish, thick, leathery skin. Underneath the skin, the fruit is divided into five or six slices of translucent, juicy flesh. The flesh is slightly acidic in taste, although ripe specimens are sweeter.

In contrast with the sweet-sour flavor of the fruit's flesh, the seeds are extremely bitter. The sweet juicy flesh contains sucrose, saccharose, fructose and glucose.

The fruit, when in season, is sold in clusters like grapes along particular roadsides and in traditional markets.

Durian - Thorny Fruit (*Durio zibethinus* Murr)

Durian tree grown in Indonesia and some southeast countries. Each fruit weighs 2 – 3 kg and has a soft, sweet flavor, cream-colored pulp, with a sharp smell.



The fruit pulp has a rich source of vitamin C; a good source of vitamin B1 and B2.

Tree (*Durio zibethinus*) of the bombax family (Bombacaceae). It is commonly known in Southeast Asia as the "king of fruits". The tree has oblong, tapering leaves and yellowish green flowers and resembles the elm in shape. The spherical fruit has a hard spiny shell and contains five oval compartments, each filled with an edible, 'cream-colored, custard-like pulp, in which are embedded one to five chestnut-sized seeds, which are edible if roasted.

For its first five years, the trees are delicate, requiring humid climate and protection from fruit borers and leaf-cutters. From its fifth year, it begins to bear approximately forty fruit; and up to 200 fruits by the tenth year.

Production center: NAD, North Sumatera, West Sumatera, Jambi, Bengkulu, Banten, Bangka Belitung, South Sumatera, Lampung, Banten, West Java, Central

Java, Yogyakarta, East Java, Bali, West-, Central-, South- and East-Kalimantan, South Sulawesi. Gorontalo.

Jackfruit (*Artocarpus heterophyllus* Syn. *Artocarpus integra*)

This huge relative of the breadfruit and fig can weigh up to 100 pounds. Spiny and oval or oblong-shaped, the tropical jackfruit grows in parts of Southeast Asia and some other countries. When young and green, both its flesh and edible seeds are included in curried dishes.

Ripe jackfruit has a bland, sweet flavor and taste similar to pineapple but milder and less juicy, is generally used for desserts. The sweet yellow sheaths around the seeds are about 3-5 mm thick.

The fruit seldom less than about 25 cm in diameter, but relatively thin tree (circa 10 cm) can have such huge fruits hanging on it. The fruits can reach 36 kg in weight and up to 90 cm long and 50 cm in diameter. The jackfruit is the largest tree borne fruit in the world.



Young jackfruit has a mild flavor and distinctive texture. The cuisines of India, Bangladesh, Sri Lanka, Indonesia, and Vietnam use cooked young jackfruit. In many cultures, jackfruit is boiled and used in curries as a food staple. In Central Java the young fruit becomes the main ingredient of 'gudeg', a vegetable dish made with coconut milk.

Jambu Air (*Syzygium samarangense*)

Jambu Air (*Syzygium samarangense*) is a tropical tree growing to 12 m tall, with evergreen leaves 10-25 cm long and 5-10 cm broad. The flowers are white or pink 2.5 cm diameter, with four petals and numerous stamens and has a dainty fragrance. The flowers can fully cover the tree crown, they appear not only at the axils of the leaves but nearly at any point on the surface of the branches and trunk.

The fruit is a bell-shaped edible berry, with colors ranging from white, pale green, green, red, purple, crimson, to deep purple or even black, 4-6 cm long in wild plants.



The fruit has a crunchy texture, which is bland, but in some cultivar is sweet, very juicy and it has nothing in common to apple except for its color.

Mango – Mangga (*Mangifera indica* L)

The mango fruit is a drupe; when mature, it hangs from the tree on long stems. When ripe, the unpeeled fruit gives off a distinctive resinous slightly sweet smell.

The Alphonso is a brilliant golden orange, exceedingly juicy and exotically sweet and tart. The sweet edible flesh must be carefully carved away from the seed with a sharp knife. Mangoes are in season from May to September, though imported fruit is in the stores sporadically throughout the remainder of the year. Look for fruit with an unblemished, yellow skin blushed with red.

Mangosteen (*Garcinia mangostana*)

Under ripe fruit can be placed in a paper bag at room temperature. Ripe mangoes can be placed in a plastic bag and held in the refrigerator for up to 5 days. Mangoes need no embellishment and are delicious simply peeled and eaten plain. They're also wonderful in fruit salads and have long been made into chutney. Fresh mangoes are rich in vitamins A, C and D. Canned mangoes and mango nectar are available in many supermarkets.

The mango is an excellent nutritional source, containing many vitamins, minerals, and antioxidants, as well as enzymes such as magneferin and lactase which aid in digestion and intestinal health.

Top on the list of a great variety here in Indonesia is the famous Mangga Harum Manis which grows very well on East Java soil. Whole areas around Probolinggo, Pasuruan, have been converted into mango plantations. When in season which falls mostly in the hottest and driest period of the year, Harum Manis is transported by trainload to destinations scattered over the entire island of Java. But the biggest quantity is still going to Jakarta.

There are many good mango cultivars can be found in local market, for instance), Indramayu Mango and Kwini Mango, Golek Mango and Manalagi Mango.

Production center: East Java, Bali, West Java, West Nusa Tenggara, Central java, NAD, Yogyakarta, North Sumatera, Jambi, Lampung, West-, Central-, South- and East-Kalimantan, Central Sulawesi, Southeast Sulawesi, Papua, Bengkulu, Banten, Gorontalo,

A fruit native to Southeast Asia, *Garcinea mangostana*, the size of an orange with thick dark purple-brown rind (exocarp) and soft, sweet white to cream and juicy segmented flesh,

Mangosteens are easily found in the markets and fruit stalls starting in September. Hotels serve them regularly, usually in a mixed fruit basket.

Production center: Nanggroe Aceh Darussalam (NAD), North Sumatera, West Sumatra, Jambi, Bengkulu, South Sumatera, Bangka Belitung, Banten, West Java, Central Java, East Java, Bali, South Sulawesi, West Nusa Tenggara (NTB), North Nusa Tenggara (NTT).





The taste of *Ananas* from Palembang is just sweet like pure nectar and honey which others cannot compete.

Production center: North Sumatera, Riau, Lampung, Jambi, South Sumatera, Bangka, West Java, East Java, West Kalimantan and North Sulawesi.

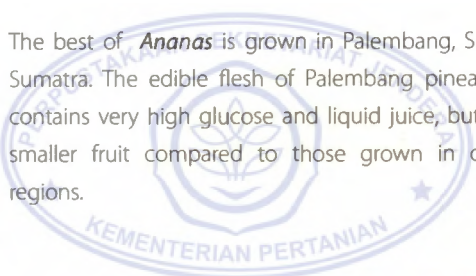
Pomegranate – Buah Delima (*Punica granatum*)

The pomegranate (*Punica granatum*) or Buah Delima is a fruit-bearing deciduous shrub or small tree growing to 5 – 8 m tall. It is widely cultivated throughout the drier parts of southeast Asia and other countries. In the functional food industry, pomegranate is included in a novel category of exotic fruits called superfruits

Pineapple (*Ananas Comosus*)

It is a medium tall (1–1.5 m) herbaceous perennial plant with 30 or more trough-shaped and pointed leaves 30–100 cm long, surrounding a thick stem. The pineapple is an example of a multiple fruit: multiple, spirally-arranged flowers along the axis each produce a fleshy fruit that becomes pressed against the fruits of adjacent flowers, forming what appears to be a single fleshy fruit.

The best of *Ananas* is grown in Palembang, South Sumatra. The edible flesh of Palembang pineapple contains very high glucose and liquid juice, but has smaller fruit compared to those grown in other regions.



In the Northern Hemisphere, the fruit is typically in season from September to January. In the Southern Hemisphere, it is in season from March to May.

The pomegranate is cultivated in Indonesia since ancient times. It grows on a large shrub or small tree which has brilliant orange-reddish flowers. About the size of an orange, the dull red pomegranate has a tough, leathery skin. The skin encases six paper-thin sepals, each containing seeds that are individually encased in a transparent, pulpy capsule. The fruit and the rind are an effective anti-bacterial agent, and the dried rind is often used as a relief for dysentery.

Rambutan (*Nephelium lappaceum* L)

The rambutan, *Nephelium lappaceum* is a medium-sized tropical tree in the family *Sapindaceae*. It is closely related to several other edible tropical fruits including the Lychee, Longan and Mamoncillo.

The fruit is a round to oval drupe 3-6 cm (rarely to 8 cm) long and 3-4 cm broad, borne in a loose pendant cluster of 10-20 together. The leathery skin is reddish (rarely orange or yellow), and covered with fleshy pliable spines, hence the name rambutan, derived from the Indonesian or Malay word rambut which means hair. The edible fruit flesh is translucent, whitish or very pale pink, with a sweet, mildly acidic flavour.

The fragile nutritious fruit must ripen on the tree. They are harvested over a four to seven weeks period. The fresh fruit are easily bruised and have a limited shelf life.



The season of Rambutan follows closely after the Durian season, and almost simultaneously with Duku.

Because of its exotic flavor and unusual appearance, this fruit has become a most sought after delicacy among the Japanese and others who are going in a big adventure for exotic tropical fruit.

In Indonesia, the rambutan cultivations boost after the introducing of canning industry more than a decade ago. Surplus of Rambutan do not rot away like before, because they can be conserved in syrup and canned.

Sapodilla – Sawo (*Sapota zaspotilla*)

Sapodilla or Sawo (*Manilkara zapota*) is a long-lived, evergreen tree native to the New World tropics of Mexico and was introduced to the Philippines by Spanish.



The sapodilla trees bear fruit twice a year, though flowering may continue year round. The fruit has a high latex content and does not ripen until picked. Some are round and some are oval with pointed ends.

The Soursop, Soursap, (*Annona muricata*; syn. *Annona sericea* Dunal)

It is commonly grown in South-East Asia, where it is known by names such as Sirsak (Indonesian, from Dutch zuurzak), Baahlsakk (Swedish) and Durian Belanda (Malay, lit. "Dutch durian"). It is in the same genus as the cherimoya and the same family as the pawpaw.

Comparisons of its flavor range from strawberry and pineapple mixed together to sour citrus flavor notes contrasting with an underlying creamy roundness of flavor reminiscent of coconut or banana. The fruit is somewhat difficult to eat, as the white interior pulp is studded with many large seeds, and pockets of soft flesh are bounded by fibrous membranes. The soursop is therefore usually juiced rather than eaten directly.

The flesh of the fruit consists of an edible white pulp and a core of indigestible black seeds. The species is the only member of genus *Annona* which is suitable for processing and preservation. The sweet pulp is used to make juice as well as candies, sorbets and ice cream flavorings.

Nutritionally, the fruit is high in carbohydrates, particularly fructose. The fruit also contains significant

The fruit is a large globe shape berry, 4 - 8 cm in diameter, very much resembling a smooth-skinned potato and containing 2 - 10 seeds. Inside, its edible, very sweet, sugary taste flesh ranges from a pale yellow to an earthy brown color with a grainy texture akin a well-ripened pear.

The flavor is exceptionally sweet and very tasty. The fruit's flavor has been compared to cotton candy or caramel. The unripe fruit is hard and contains high amounts of saponins similar to tannin which dry out the mouth.

The seeds are black and resemble beans, with a hook at one end that can catch in the throat if swallowed.



amounts of vitamin C, vitamin B1, and vitamin B2. The fruit, seeds, and leaves have a number of herbal medicinal uses among indigenous peoples of regions where the plant is common.

Soursop is an easy fruit to cultivate because the tree does not require special soil. It is able to grow in coastal areas and also on higher ground.

Snake Fruit – Salak (*Salacca edulis* Reelinw)

Salak, Snake fruit (*Salacca edulis*, syn. *S. zalacca*, *Calamus zalacca*) is a species of palm tree (family Arecaceae) native to Indonesia and Malaysia. It is a very short-stemmed palm, with leaves up to 6 m long; each leaf has a 2 m long spiny petiole and numerous leaflets.

The fruit inside consists of three lobes, each lobe containing a large inedible seed. The lobes look and

have the consistency of peeled garlic cloves. The taste is usually sweet and acidic, but its apple-like texture can vary from very dry and crumbly (salak pondoh from Yogyakarta) to moist and crunchy (salak Bali).

Salak fruit has been cultivated throughout Indonesia and there are at least 30 cultivars, but most of which have an astringent taste and are not sweet. Two popular cultivars are salak pondoh from Yogyakarta province (found in 1980s) and salak Bali from Bali island.

Salak pondoh has been an important fruit production in Yogyakarta province. In 1999, the production of salak pondoh in Yogyakarta was increased by 100% within five years. The popularity of salak pondoh among local Indonesian consumers is mainly because of its aroma intensity, including overripe and sweaty even before full maturation, compared to the other cultivar,



such as salak Bali. The cultivar salak pondok has been produced even outside the province. However, the distinctive aroma of salak pondoh is not very popular among non-native consumers.

The fruit nestles in clusters a little above the root of the tree on a bed of long, thin thorns. Except for the thorns on the main nerves of the leaves, the tree is often mistaken for the sago palm. Salak palms thrive best on dry, sandy, soil. The fruit has a sweet acid like flavor and is totally dry. Some say that the best snake fruit in the country is cultivated on the island of Bali. Bali Salak is the sweetest of all snake fruit with only a slight trace of acid on the tongue. The season of Salak is near the end of the year, or, at the start of a new year.

Production center: North Sumatera, Riau, Lampung Yogyakarta, Central Java, East Java, Bali, East Kalimantan, North Sulawesi, Papua.

Star-fruit (*Averrhoa carambola*)

Averrhoa carambola is a close relative of the *Averrhoa bilimbi*, commonly known as bilimbi, bimbli, belimbing, blimbing, biling (and also bimbiri in Sinhala), cucumber tree or tree sorrel, of genus *Averrhoa*, family *Oxalidaceae*.

The *carambola* is a species of tree native to Sri Lanka, India and Indonesia and is popular throughout Southeast Asia Malaysia and parts of East Asia.

Its fruit, the *carambola*, more popularly known as Star-fruit, but also coromandel gooseberry, kamranga, or five fingers, is a golden-yellow to green berry. When cut across it shows a 5-pointed (sometimes

6-pointed or 7-pointed) star shape, hence the name, "Star-fruit." Star-fruits are crunchy, and have a slightly tart, acidic, sweet taste, reminiscent of pears, apples, and sometimes grapes. The fruits are a good source of vitamin C. Its seeds are small and brown. They consist of a tough outer skin and a tangy white inside.

Only a fraction of the fruit finds its way to the local markets. The translucent skin of the golden-yellow fruit is so thin it can be easily punctured by a fingernail. The crisp and juicy pulp is fragrant and has a tart taste. The fruit is firm when ripe and can be eaten raw-skin and all-once the tough edges of the five ridges are peeled off. Despite the slightly acidic taste, Star-fruit does not contain tannin and so is not astringent. The tree and the fruit are considered to have uses varying from removing cloth stains to curing hangovers, and it is very high in vitamin C.

Production center: West Java, North Sumatra, Jakarta, Central Java.



VEGETABLES

CABBAGE (*Brassica oleracea*)

The cabbage – kol (*Brassica oleracea Capitata Group*) is a plant of the Family Brassicaceae (or Cruciferae). It is a herbaceous, biennial, and dicotyledonous flowering plant with leaves forming a characteristic compact cluster. Cabbages grown late in autumn and in the beginning of winter are called coleworts.

Raw cabbage is usually sliced into thin strips or shredded for use in salads, such as coleslaw. It can also replace iceberg lettuce in sandwiches. Cabbage is an excellent source of Vitamin C. Cabbage is often added to soups or stews.

Boiled cabbage as an accompaniment to meats and other dishes can be an opportune source of vitamins and dietary fiber. Stuffed cabbage is an East European and Middle Eastern delicacy. The leaves are softened by parboiling or placing the whole head of cabbage in the freezer, and then filled with chopped meat and/or rice.



Cabbage contains significant amounts of glutamine, an amino acid, which has anti-inflammatory properties.

It is a source of indol-3-carbinol, or I3C, a compound used as an adjuvant therapy for recurrent respiratory papillomatosis, a disease of the head and neck caused by human papillomavirus.

Cabbage varieties come in two groups, early and late. The early varieties mature in about 45 days. They produce small heads which do not keep well and are intended for consumption while fresh. The late cabbage matures in about 87 days, and produces a larger head.

Cabbage can be started indoors or sowed directly. Like all brassicae, cabbage is a cool season crop, so early and late plantings do better than those maturing in the heat of the summer.

Production center: West Java, East Java, North Sumatera, West Sumatera, Jambi, South Sumatera, North Sulawesi, Central Sulawesi, South Sulawesi, Maluku, NTB and BTT.

CHILLI – RED PEPPER (*Capsicum annum L*)

Chilli or Red Pepper is the fresh, dried, ripened fruit pod of *Capsicum annum L*, one of the most pungent *Capsicums*. It is sometimes referred to as Cayenne Red Pepper, having been named after the high heat chillies grown in the vicinity of the Cayenne River in French Guiana.



Chilli-Red Pepper

Red Pepper or "cabe merah" adds heat and bite to seasoning blends, meats, pickles, seafood, Italian, Indian, Mexican, and Caribbean cuisines. Red Pepper is used in seasoned salt, chili powder and berbere seasoning blends.

Anywhere in Indonesia, sambal, a red hot chile sauce, is provided at the table to adjust hotness level to one's personal taste. Sambal may consist simply of mashed, salted big red chiles (cabe merah besar) or small red chiles (cabe rawit) to get sambal ulek (spelt sambal oelek in the old Dutch spelling), but may also be fried or enhanced with trassi, the ubiquitous shrimp paste, or nuts or other spices; a popular recipe is sambal bajak.

In Western Jawa, a variety of sambal is served with paracress leaves, which results in a tickling, exotic pungency. Sambal ulek is not a pure table condiment,

but may also be used for cooking (e.g., for fried rice nasi goreng).

Production center: NAD, North Sumatera, Lampung, West Java, Central Java, South Sulawesi, North Sulawesi and Papua

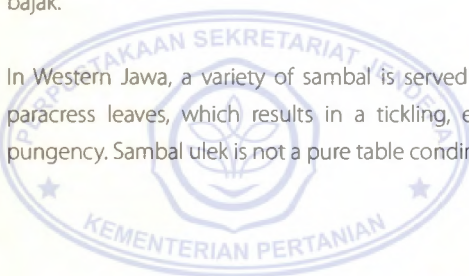
CUCUMBER – Ketimun (*Cucumis sativus*)

The cucumber, Ketimun (*Cucumis sativus*) is a widely cultivated plant in the gourd family *Cucurbitaceae*, which includes squash, and in the same genus as the muskmelon. Though it technically is a fruit, cucumbers are widely considered vegetables.

The fruit is roughly cylindrical, elongated, with tapered ends, and may be as large as 60 cm long and 10 cm in diameter. Cucumbers grown to be eaten green fresh (called slicers) and those intended for pickling (called picklers) are similar.



Cucumber



Cucumbers can be pickled for flavor and longer shelf life. As compared to eating cucumbers, pickling cucumbers tend to be shorter, thicker, less regularly-shaped, and have bumpy skin with tiny white- or black-dotted spines.

Pickling cucumbers are sometimes sold fresh as “Kirby” or “Liberty” cucumbers. The pickling process removes or degrades much of the nutrient content, especially that of vitamin C. Pickled cucumbers are soaked in vinegar or brine or a combination, often along with various spices. Pickled cucumbers are often referred to simply as “pickles”.

LEAF VEGETABLE

Leaf vegetables, Sayuran daun, also called potherbs, greens, or leafy greens, are plant leaves eaten as a vegetable, sometimes accompanied by tender petioles and shoots. Although they come from a very wide variety of plants, most share a great deal with other leaf vegetables in nutrition and cooking methods.



Nearly one thousand species of plants with edible leaves are known. Leaf vegetables most often come from short-lived herbaceous plants such as lettuce (selada), kangkung, chinese broccoli (kailan) and spinach (bayam). Woody plants whose leaves can be eaten as leaf vegetables include Adansonia, Aralia, Moringa, Morus, and Toona species.

Leaf vegetables are typically low in calories, low in fat, high in protein per calorie, high in dietary fiber, high in iron and calcium, and very high in phytochemicals such as vitamin C, vitamin A, lutein and folic acid.

Kai-lan, also known as Chinese broccoli or Chinese kale, is a slightly bitter leaf vegetable featuring thick, flat, glossy blue-green leaves with thick stems and a small number of tiny, almost vestigial flower heads similar to those of broccoli. Kai-lan is eaten widely in Chinese cuisine.

The Lettuce (*Lactuca sativa*) is a temperate annual or biennial plant of the daisy family Asteraceae. It is most often grown as a leaf vegetable. In many countries, it is typically eaten cold and raw, in salads, hamburgers, tacos, and many other dishes.

Spinach, bayam (*Spinacia oleracea*) is a flowering plant in the family of Amaranthaceae. It is an annual plant (rarely biennial), which grows to a height of up to 30 cm. The leaves are alternate, simple, ovate to triangular-based, very variable in size from about 2-30 cm long and 1-15 cm broad, with larger leaves at the base of the plant and small leaves higher on the flowering stem.

Spinach is an excellent source of vitamin K, vitamin A, manganese, folate, magnesium, iron (a 60 gram serving of boiled spinach contains around 1.9 mg of iron), vitamin C, vitamin B2, calcium, potassium, and vitamin B6. It is a very good source of dietary fiber, copper, protein, phosphorous, zinc and vitamin E. In addition, it is a good source of omega-3 fatty acids, niacin and selenium.

To benefit from the folate in spinach, it is better to steam it than to boil it. Boiling spinach for four minutes can halve the level of folate.



Potato

POTATO – Kentang (*Solanum tuberosum*)

Potato or kentang is the term which applies either to the starchy, tuberous root vegetable crop from the various subspecies of the perennial plant *Solanum tuberosum* of the *Solanaceae*, or nightshade, family, or to the plant itself.

Any potato variety can also be propagated vegetatively by planting tubers, pieces of tubers, cut to include at least one or two eyes, or also by cuttings.

There are about 5,000 cultivated potato varieties and 200 wild species and subspecies world wide. Three thousand of them are found in the Andes alone.

Nutritionally, potatoes are best known for their carbohydrate content (approx. 26 g in a medium potato). Starch is the predominant form of carbohydrate

found in potatoes. A small but significant portion of the starch in potatoes is resistant to enzymatic digestion in the stomach and small intestine and, thus, reaches the large intestine essentially intact.

This resistant starch is considered to have similar physiological effects and health benefits of fiber (e.g., provide bulk, offer protection against colon cancer, improve glucose tolerance and insulin sensitivity, lower plasma cholesterol and triglyceride concentrations, increase satiety, and possibly even reduce fat storage).

Potatoes contain a number of important vitamins and minerals. A medium potato (150g/5.3 oz) with the skin provides 27 mg vitamin C (45% of the Daily Value (DV)), 620 mg of potassium (18% of DV), 0.2 mg vitamin B6 (10% of DV) and trace amounts of thiamin, riboflavin, folate, niacin, magnesium, phosphorus, iron, and zinc.



In addition to vitamins, minerals and fiber, potatoes also contain an assortment of phytochemicals, such as carotenoids and polyphenols. The potato skin does contain approximately half of the total dietary fiber, the majority (more than 50%) of the nutrients are found within the potato itself. The cooking method used can significantly impact the nutrient availability of the potato.

Potatoes are often broadly classified as “high” on the glycemic index (GI) and thus are frequently excluded from the diets of individuals trying to follow a “low GI” eating regimen. In fact, the GI of potatoes can vary considerably depending on the type, preparation methods, and with what it is consumed.

According to its character, therefore in Indonesia potato is produced in cold with considerable sunlight highland-region such as: NAD, North Sumatera, West Sumatera, Jambi, South Sumatera, West Java, East Java, North Sulawesi, Central Sulawesi, South Sulawesi, NTB, NTT and Maluku.

SCALLION - SPRING ONION - Daun Bawang

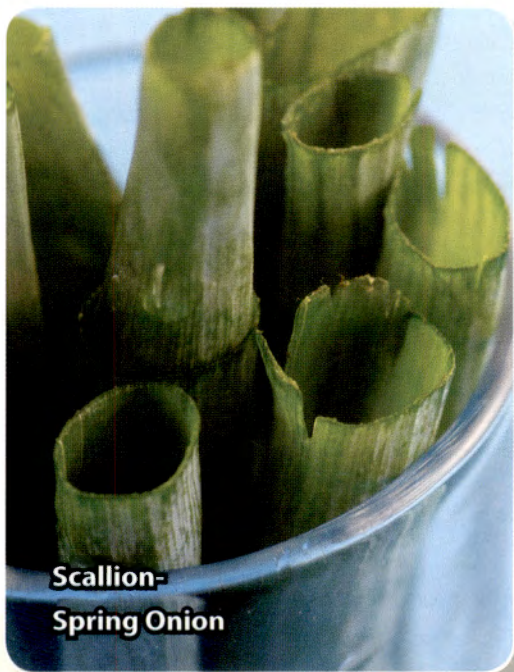
A scallion, also commonly known as spring onion or green onion or daun bawang, is associated with various members of the genus *Allium* that lack a fully-developed bulb. They tend to be milder tasting than other onions and are typically steamed and set in salads in western cookery and cooked in many Asian recipes. Diced scallions are often used in soup, noodle, seafood, and sauce in eastern dishes, after removing the bottom quarter-inch or so of the root end.

The species most commonly associated with the name is the Welsh onion, *Allium fistulosum*. “Scallion” is sometimes used for *Allium ascalonicum*, better known as the shallot. The shallots themselves apparently came from farther east.

In Indonesia, they are referred to as Daun Bawang which literally translates to onion leaf from their green and leafy form.

SHALLOT (*Allium cepa*)

The term Shallot (bawang merah) is used to describe two different *Allium species* of plant. The French grey shallot or griselle, which has been considered to be the “true shallot” by many, is *Allium oschaninii*, a species



**Scallion-
Spring Onion**

that grows wild from Central to Southwest Asia. Other varieties of shallot are *Allium cepa* var. *aggregatum* (multiplier onions), also known as *A. ascalonicum*.

The shallot is a relative of the onion (bawang bombay), and tastes a bit like an onion but has a sweeter, milder flavor. They are more expensive than onions and can be stored for at least 6 months.

Shallots are extensively cultivated and much used in cooking, in addition to being pickled. Finely sliced deep-fried shallots are used as a condiment in Asian cuisine. Shallots tend to be considerably more expensive than onions, especially in the United States.

Shallots are propagated by offsets, which, in the Northern Hemisphere are often planted in September or October, but the principal crop should not be planted earlier than February or the beginning of March.

In planting, the tops of the bulbs should be kept a little above ground, and it is a commendable plan to draw away the soil surrounding the bulbs when their roots have taken hold. They should not be planted on ground recently manured. They come to maturity about July or August, although they can now be found year-round in supermarkets.

Similar to onions, raw shallots release chemicals that irritate the eye when sliced, resulting in tears. Shallots are particularly high in anti-cancer compounds.

Shallots are called 'bawang merah' (red onions) in Bahasa Melayu, an official language of Indonesia, Malaysia, Brunei, and Singapore.

In South East Asian cuisines, such as Thai, Malaysian and Indonesian, both shallots and garlic ('bawang putih', white onions) are very often used as elementary spices. Raw shallot can also accompany cucumbers when pickled in mild vinegar solution.

It is also often chopped finely, then fried until golden brown, resulting in tiny crispy shallot chips called 'bawang goreng' (fried onions) in Indonesian language, which can be bought ready-made from groceries and supermarkets. It enhances the flavor of many South East Asian dishes, such as fried rice (nasi goreng) variants. In Indonesia, sometimes it is made into pickle (acar) which is usually added in variable kinds of traditional food. Its sourness increases one's appetite.

Production center: NAD, North Sumatera, Central Java, South Kalimantan, Southeast Sulawesi, NTB and NTT.



COMPANY LIST

VEGETABLES:

1. PT CORONA PRA YITNA

Address : Jl. Gedong Panjang
No.68 A
Jakarta 14440

Phone : +62 21 669 0704

Fax : +62 21 669 5809

2. PARUNG FARM (PT. Kebun Sayur Segar)

Address : Jl. Raya Parung
No. 546
Bogor, West Java

Phone : +62 251 619915

Fax : +62 251619914

Email :
rarungfarm@vahoo.com
mail.parungfarm.com

Website : www.parungfarm.com

3. PT. SAUNG MIRWAN

Address : Jl. Cikopo Selatan 134
Bogor 16750
West Java

Telephone : +62 251 241 269

Fax : +62 251 241 268

E-mail :
saungmirwan@saungmirwan.com

Founder/Owner:
Mr. Tatang (Theo) Hadinata

Product :
vegetables and Chrysanthemum Cuttings

4. PT. SELEKTANI HORTICULTURE

Address : Jl. Raya Darmo Permai Timur
No.36-37, Surabaya, East Java

Phone : +62 31 7329201

Fax : +62 31 7329202

E-mail :
info@selektanihorticulture.com

CP : Daniel Basuki

5. HIKMAH FARM

Address : Jl. PTPN VIII Kertamanah KM 1
Pengalengan -East Java
PO BOX, 10 Bandung 40378

Mobile Phone : +62 81 22 001 967/
+62 81 22 001 968

CP : Wildan Mustofa/
Atieq Mustikaningtyas

6. PD. SUPERGRADE

Direct Marketing : +62 818021 38268

E-mail :
romysupex@yahoo.co.id

7. CV BINA LESTARI

Address : Sungai Tanduk, Kayu Aro
Kab. Kerinci, Jambi

Phone : +62 748 357055

Fax : +62 748 357055

CP : Suyati

8. CITRA ABADI

Address : Jl. Plantar I No. 20 B
Tanjung Pinang
Kab. Bintan, Kepulauan Riau

Phone : +62 771 317537

CP : Freddy, SE. MM

9. KOPERASI SEDAP W ANGI

Address : Kp. Lembur A wi
RT. 02/08
Desa Maruyung.
Bandung

Phone : +62 225955002
Fax : +62 225950377
CP : Indra Pratama

10. CV. ABC

Address : Cigugur Girang
RT. 04/05 Parompong,
Bandung, West Java

Phone : +62 22 91284986
Fax : +62 22 91284987
E-mail :
paprikaqbdg@centrin.net.id

CP : Asep Dindin Diana
Product : Kabacha, Beet Root

11. CV. ASB FARM AND TRADING

Address : Cigugur Girang 141
Parompong,
Bandung, West Java

Phone : +62 22 91144535
CP : Asep Tisna

FRUITS:

1. PT ALAMANDA SEJATI UTAMA

Address : Jl.Raya Papgalengan
Km 20,5, No.486,
Bandung, West Java

Phone : +62 22 701 99652;
+62 22 701 99653
Fax : +62 22 594 0903

E-mail : alamus@bdg.centrin.net.id
Web : www.alamandautama.com
CP : Mr. Komar Mulyawibawa, SE

2. PT. INNI PIONEER FOOD

Address : Desa Gintung Kerta,
Kec. Klari, Karawang
West Java.

TelePhone : +62 267431 331/4
Fax : +62 267431 033
E-mail : inniv@indosat.net.id

3. PT. AGUNG MUSTIKA SELARAS

Address : Jl. Bandengan Utara No.1/5A
11240 Jakarta Barat
DKI Jakarta

TelePhone : +62 21 690 6403
Fax : + 62 -21 690 7311
Email : ioemono@cbn.net.id

4. PT. GREAT GIANT PINEAPPLE (GGP)

Address : Chase Plaza 20th Floor
Jl. Jend Sudirman Kav. 21,
Jakarta 12920

Phone : +62 21 5706438,
+62 21 5208338 (hunting)

Fax : +62 21 570 6443
Website :
www.greatgiantpineapple.com

5. PT. NUS AN TARA TROPICAL FRUIT

Address : Jl. KH. Moch. Salim
No. 28
Bandar Lampung
LAMPUNG

Phone : +62 721 31342; 315 69



Fax : +62 721 31980; 319 72
E-mail : ima@ggpc.co.id
Establish : 1992
CP : Ms. Maria Imawati
Product : Bananas -Fruits

6. PT. AGROINDO USAHAJAYA

Address : Jl. H. Buang No. 24
Rt 07/07, Ulujami
Jakarta 12250
Phone : +62 21 355687
Fax : +62 21 7356427
CP : Mr. H. Saleh HB
President Director
Product : • Dried Fruits
• Fresh or Frozen Fruits

7. PT. KERTOSARI GEMILANG

Address : Jl. Melawai X/48,
Blok M III,
Kebayoran Baru,
Jakarta
Phone : +62 21 7222779;
721 0492
Fax : +62 21 720 2343
E-mail : kgjkt@cbn.net.id
Establish : 1970
Business Type : Exporter and Producer
CP : Mr. Budi Mulyono
Director
Product : Fruits Fresh or Frozen

8. PT. MASINDO MITRA MANDIRI

Address : Jl. Nangka No. 10,
Tanjung Barat, Jakarta
Phone : +62 21 780 4304

Fax : +62 21 78835603
CP : Mr. Mustofa
Product : Fruits Fresh or Frozen

9. KELOMPOK TANI MITRA SETIA

Address : Cicariu Rt.16/04,
Jalancagak,
Subang, West Java
Phone : +62260470235
CP : Ir. Narli
Product : Pineapple

10. KELOMPOK TANI DEWI POHACI

Address : Jl. Raya Tambak Mekar
No.101, Jalancagak
Subang, West Java
Phone : +62 260 470885
CP : Wamo Irianto
Product : Pineapple

11. UD. SUMBER BUMI

Address : Alaskandang, Besuk,
Probolinggo
East Java
Phone : +62 335 843208
CP : Suli Artawi
Product : Mango

12. PT. MENARA BUMI

Address : Tedjo Buana Building 3th flr
Jl. Menteng Raya No. 29
Jakarta 10340
Phone : +62 21 3142604, 3142608
Fax : +62 21 3142468
Email : budi@menarabumi.com
Website : www.menarabumi.com

Indonesian Attaché of Agriculture

Country	Indonesian Attaché of Agriculture	
Belgium & ME (Brussel)	Contact Person :	DR. IR. EDY HARTULISTIYOSO, MSC
	Address :	Boulevard de la Volume 38 B-1200 Brussel Belgium
	Phone :	+32 0 277 90915
	Fax :	+32 0 277 28190
	Cell Phone :	+32 474 67805
	Email :	attani@primebxl.be
Italy (Roma)	Contact Person :	Dr. ERIZAL SODIKIN
	Address :	Via Campania 53-55, 00187 - Roma Italy
	Phone :	+39 06 420 09121/+39 06 420 11738
	Fax. :	+39 06 488 0280
	Cell Phone :	+39 335 1279606
	E-mail :	erizalsodikin79@yahoo.com
Japan (Tokyo)	Contact Person :	Drh. PUDIATMOKO, PhD
	Address :	2-9 Higashi-Gotanda 5-Chome Shinagawa-Ku Tokyo 141-002, Japan
	Phone :	+81 3 344 76364
USA (Washington-DC)	Contact Person :	Dr. Ir. MARDIYANTO, MEng
	Address :	2020 Masseur Avenue, NW Washington DC 20036
	Phone :	(202) 7755340
	Fax. :	(202) 7755343
	Cell Phone :	---
	E-mail :	attani@embassyofindonesia.org



Indonesian Trade Representative Offices Overseas

Australia (Canberra)

Indonesian Commercial Attache

Mrs. Retno Kusumo Astuti,

Indonesian Embassy, 8 Darwin Avenue,
Yarralumia A.C.T 2600 Canberra - Australia

Tlp. (61-2) 62508654

Fax. (61-2) 62730757

E-mail: atdag-aus@depdag.go.id,

E-mail: tradesection@bigpond.com,

E-mail: retno_kusumo@yahoo.com

Website: www.kbri-canberra.org.au

Austria (Vienna)

Indonesian Commercial Attache

Indonesian Embassy, Gustav Tschermak

Gasse 5-7, A-1180 Vienna - Austria

Tlp. (43-1) 4762241

Fax. (43-1) 4790557

E-mail: atdag-au@depdag.go.id

www.kbriwina.org, www.kbriwina.at

Belgium (Brussels)

Indonesian Commercial Attache

Mr. Robert James Bintaryo,

Indonesian Mission to the European
Union Boulevard de la Woluwe 38 1200

Brussels - Belgium

Tlp. (32-2) 7790915

Fax. (32-2) 7728190

Canada (Ottawa)

Indonesian Commercial Attache

Mrs. Sri Nastiti Budianti,

Indonesian Embassy 55 Parkdale Avenue
Ottawa, ON K1Y 1E5 - Canada

Tlp. (1-613) 7241100 (306)

Fax. (1-613) 7241105, 7244959

E-mail: atdag-can@depdag.go.id

Website: www.indonesia-ottawa.org



China (Beijing)

Indonesian Commercial Attache
Mr. Imbang Listiyadi,
Indonesian Embassy, Dongzhimenwai
Dajie No. 4 Cl, Beijing - China
Tlp. (861)65324748, 65325488-3014
Fax. (861)65325368
E-mail: atdag-chn@depdag.go.id,
E-mail: moitbj@public3.bta.net.cn
Website: www.indonesia.cn,
www.indonesianembassychina.com

Denmark (Copenhagen)

Indonesian Commercial Attache
Mrs. Ganef Judawati,
Indonesian Embassy, Orehoj Alle 1, 2900
Hellerup Copenhagen - Denmark
Tlp. (45-39) 624422 (215), 624483
Fax. (45-39) 624483
E-mail: atdag-dnk@depdag.go.id,
E-mail: atdag@kbricph.dk
Website: www.kbricph.dk

Egypt (Cairo)

Indonesian Commercial Attache
Mr. Harda Wahana,
Indonesian Embassy 13, Aisha Taimouria
Street, Garden City - Egypt
Tlp. (20-2) 7944698, 7947200, 7947209
Fax. (20-2) 7962495
E-mail: atdag-egy@depdag.go.id
Website: www.indocairo.org

France (Paris)

Indonesian Commercial Attache
Mr. Hari Prawoko,
Indonesian Embassy 47-49, Rue
Cortambert 75116 Paris - France
Tlp. (33-1) 45030760 (418), 45044872
Fax. (33-1) 45045032, 40727063
E-mail: atdag-fra@depdag.go.id,
E-mail: prawoko@bdg.centrin.net.id
Website: www.amb-indonesie.fr

Germany (Berlin)

Indonesian Commercial Attache
Mr. Oke Nirwan
Indonesian Embassy, Lehrter Strasse 16-
17 10557 Berlin - Germany
Tlp. (49-30) 4780700
Fax. (49-30) 47807209, 44737142
E-mail: atdag-deu@depdag.go.id
Website: www.kbri-berlin.org

Hong Kong (Hong Kong)

Indonesian Commercial Attache
Mr. Haris Munandar,
Indonesian Consulate General, 127-
129 Leighton Road, 6-8 Keswick Street,
Causeway Bay - Hongkong
Tlp. (85-2) 28904421, 28902481
Fax. (85-2) 28950139
E-mail: perinda@netvigator.com
Website: www.kjrihkg.org.hk

India (New Delhi)

Indonesian Commercial Attache

Mr. Ruslan Usaha Sitepu,

Indonesian Embassy 50-A Kautilya Marg,
Chanakyapuri, New Delhi - India

Tlp. (91-11) 26114100

Fax. (91-11) 26885460, 26886763

E-mail: atdag-ind@atdag.go.id, indoemb@
nda.vsnl.net.in

Website: www.indonesianembassy.org.in

Korea, South (Seoul)

Indonesian Commercial Attache

Mr. Arief Fadillah,

Indonesian Embassy, 55 Yoido-dong,
Youngdeoungpo-ku Seoul - South Korea

Tlp. (82-2) 7835371, 7835372, 7827750

Fax. (82-2) 7804280, 7837750

E-mail ; atdag-kor@depdag.go.id,

E-mail: a_fadillah@yahoo.ca

Website: www.indonesiaseoul.org

Italy (Roma)

Indonesian Commercial Attache

Mr. Frank Willem Josy Kandou

Indonesian Embassy, Via Campania 53-55
00187 Rome - Italy

Tlp. (39-6) 4200911, 42009168

Fax. (39-6) 4880280, 42010428

E-mail: atdag-ita@depdag.go.id

Website: www.indonesianembassy.it

Netherlands (Den Haag)

Indonesian Commercial Attache

Mr. Mardjoko,

Indonesian Embassy 8, Tobbias Asserlaan
8 2517 KC Den Haag - The Netherland

Tlp. (31-70) 3108100, 3108177

Fax. (31-70) 3643331

E-mail: atdag-nld@depdag.go.id

Japan (Tokyo)

Indonesian Commercial Attache

Mr. Tulus Budhianto,

Indonesian Embassy, 5-2-9, Higashi
Gotanda Shinagawa-ku Tokyo41-0022
- Japan

Tlp. (81-3) 34414201, 34470596

Fax. (81-3) 34471697

E-mail: atdag-jpn@depdag.go.id

Malaysia (Kuala Lumpur)

Indonesian Commercial Attache

Mrs. Pradnyawati,

Indonesian Emabassy, No. 233 Jalan Tun
Razak 50400 Kuala Lumpur, P.O.Box 10889
- Malaysia

Tlp. (60-3) 21452011, 21421151, 2164000,
21164067

Fax. (60-3) 21417908, 21448407

E-mail: atdag-mys@depdag.go.id

Website: www.kbrikl.org.my

Philippines (Manila)

Indonesian Commercial Attache

Mr. I Ketut Suarka

Indonesian Embassy 185, Salcedo Street,
Legaspi Village, Makati City Metro Manila
- The Philippines

Tlp. (63-2) 8925061-68

Fax. (63-2) 8925878, 8674192

E-mail: atdag-phl@depdag.go.id

Singapore (Singapore)

Indonesian Commercial Attache

Mr. Djunari Inggit Warkito,

Indonesian Embassy, 7 Chatsworth Road
Singapore 249761- Singapore

Tlp. (65) 67375420, 68395458

Fax. (65) 6737 5037, 67352027

E-mail: atdag-sgp@depdag.go.id

Website: www.kbrisingapura.com

Russia (Moscow)

Indonesian Commercial Attache

Mr. Mumpuni Lelono Mulyo,

Indonesian Embassy Apt. 76, Entr. 3
Korovy val 7 Moscow 117049 - Russia

Tlp. (7-495) 2385281, 2383014

Fax. (7-495) 2385281

E-mail: atdag-rus@depdag.go.id

Spain (Madrid)

Indonesian Commercial Attache

Mr. Jully Paruhum Tambunan,

Indonesian Embassy, 65, Calle de Agastia
28043 Madrid - Spain

Tlp. (34-91) 4130294, 4130394, 4130594,
4130747

Fax. (34-91) 4157792, 4138994

E-mail: atdag-esp@depdag.go.id,

E-mail: jully_tambunan@hotmail.com

Website: www.embajadadeindonesia.es

Saudi Arabia (Riyadh)

Indonesian Commercial Attache

Mr. Sintoyo,

Indonesian Embassy, Riyadh Diplomatic
Quarter, PO. Box. 94343 Riyadh 11693
- Saudi Arabia

Tlp. (966-1) 4882800, 4882131 (120)

Fax. (966-1) 4882966

E-mail: atdag-sau@depdag.go.id

Website: www.kbri-riyadh.org.sa



Switzerland (Geneva)

Indonesian Commercial Attache
Mrs. Nurlaila Nur Muhammad,
Indonesian Permanent Mission on the
United Nations And Other International
Organizations, 16, Rue de Saint Jean 1203
Geneve - Switzerland, P.O.Box 2271, 1211
Geneve 2
Tlp. (41-22) 3455733
Fax. (41-22) 3383397
E-mail: atdag-che@depdag.go.id
Website: www.indonesia-bern.org

Taiwan (Taipei)

Indonesian Economic & Trade Office
Mr. Amzir Ramali Bandoro
Indonesian Economic and Trade Office
Twinhead Bld 6 F No. 550, Rui Goang
Road, Eihu District, Taipei - Taiwann 114
Tlp. (886-2) 87526170
Fax. (886-2)87423706
E-mail: wakdei-twn@depdag.go.id

Taiwan (Taipei)

Indonesian Economic & Trade Office
Mr. Bambang Khaeroni,
Indonesian Economic and Trade Office to
Taipei Twinhead Bld 6 F No. 550, Rui Goang
Road, Eihu District, Taipei - Taiwan 114
Tlp. (886-2) 87526170
Fax. (886-2)87423706
E-mail: dagdei-twn@depdag.go.id

Thailand (Bangkok)

Indonesian Commercial Attache
Mr. Syafrudin Yahya,
Indonesian Embassy, 600-602 Pitchburi
Road, Payathai, P.O Box 1318 Bangkok
10400 - Thailand
Tlp. (66-2) 2551264, 2523135 (123)
Fax. (66-2) 2551264, 2551267
E-mail: atdag-tha@depdag.go.id
Website: www.kbri-bangkok.com

United Kingdom (London)

Indonesian Commercial Attache
Mrs. Husniaty,
Indonesian Embassy, 38, Grosvenor
Square London W 1 K 2HW - United
Kingdom
Tlp. (44-20) 72909613, 74997881
Fax. (44-20) 74957022
E-mail: atdag-gbr@depdag.go.id
Website: www.indonesianembassy.org.uk

USA (Washington DC)

Indonesian Commercial Attache
Mrs. Arlinda,
Indonesian Embassy, 2020 Massachusetts
Avenue. N.W. Washington DC 20036 - USA
Tlp. (1-202) 7755350, 7755200 (350)
Fax. (1-202) 7755354, 7755365
E-mail: atdag-usa@depdag.go.id
Website: www.inatrade-use.org

Indonesian Trade Promotion Center

USA (Los Angeles)

Indonesian Trade Promotion Center
Mr. Dody Edward,
Indonesian Trade Promotion Center, 3457,
Wilshire Blvd, Suit 101 Los Angeles, CA
90010 - USA
Tlp. (1-213) 3877041
Fax. (1-213) 3877047
E-mail: itpc-usa@depdag.go.id
Website: www.itpcl.a.org

Germany (Hamburg)

Indonesian Trade Promotion Center
Mr. Posman F. Haloho,
Indonesian Trade Promotion Center Multi-
Buro-Service, Glockengisserwall 17 20095
Hamburg - Germany
Tlp. (49-40) 33313-333
Fax. (49-40) 33313-377
E-mail: m.pfefferkorn@ecos-office.com
Website: www.ecos-office.com/hamburg

South Africa (Johannesburg)

Indonesian Trade Promotion Center
Mr. Ali Hasan
Indonesian Trade promotion Center, Suite
02 / E4, 2nd Floor, Village Walk, Sandton
, PO.Box 2146, RSA Johannesburg X9916
- South Africa
Tlp. (27-118) 846240
Fax. (27-118) 846242
E-mail: itpc-zaf@depdag.go.id

SYDNEY (AUSTRALIA)

Indonesian Trade Promotion Center
Level 2, 60 Pitt Street, Sydney NSW 2000
Australia
Mrs. Fetnayeti
Tlp. (61-2) 92528783
Fax. (61-2) 92528784
E-mail: Anr_lan@yahoo.com
Website: www.itpc_sydney@depdag.go.id



Japan (Osaka)

Indonesian Trade Promotion Center
Mr. Simon Zelotes
ITM 4-J-8, Asia and Pacific Trade Center,
2-1-10 Nanko Kita, Suminoe-ku
Osaka - Japan
Tlp. (81-6) 66155350
Fax. (81-6) 66155351
E-mail: itpc-jpn@depdag.go.id
Website: www.itpc.or.jp

United Arab Emirates (Dubai)

Indonesian Trade Promotion Center
Mr. Husin Bagis,
Arbift Tower 4 Floor, No.403, Al Rigga
Baniyas Street. Deira, P.O. Box 41664 ,
Dubai - UAE Dubai U.A.E
Tlp. (971-4) 2278544
Fax. (971-4) 2278545
E-mail: itpc-are@depdag.go.id
Website: www.itpcdxb.ae

Hungary (Budapest)

Indonesian Trade Promotion Center
Mr. Muchlis Syahminan,
1051 Budapest, Zsilinszky ut 12, No. 205,
2nd Fl., Budapest - Hungary
Tlp. (36-1) 3176382
Fax. (36-1) 2660572
E-mail: itpc-hun@depdag.go.id
Website: www.indonesia.hu/itpc.htm

Italy (Milan)

Indonesian Trade Promotion Center
Mr. Mudo Supriyanto
Via Vittor Pisani, 8-6 Piano 20124
Milan-Italy
Telp : (39-02) 36598182
Fax : (39-02) 36598191
Email : itpcmilan@live.it
Website: www.itpcmilan.com

Brazil (Sao Paulo)

Indonesian Trade Promotion Center
Mr. Adi Suryanto,
Edificio Park Lane Conj III Alameda Santos
No. 1787 Cerbueira Cesar, CEF: 01419.002
Sao Paulo - Brazil
Tlp. (55-11)32630472
Fax. (55-11)32538126
E-mail: itpc-bra@depdag.go.id
Website: www.itpcsp.com.br

Within the period of 2008 - 2009 Government of Indonesia will establish it new ITPC in 22 cities Lagos, Santiago, Mexico City, Jeddah, Shanghai, Busan, Vancouver, Chicago, Chinnai, Lyon and Barcelona.

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3. www.deptan.go.id
4. Agriculture statistics, 2006

DIRECTORATE GENERAL OF PROCESSING AND MARKETING OF AGRICULTURAL PRODUCTS (DG-PMAP)

Directorate General of Processing and Marketing of Agricultural Products (DG-PMAP) carry out one of Ministry of Agriculture's task in formulating and implementing policy and standardization on processing and marketing of agricultural products. It has main duty to formulate and to perform policy and technical standardization in processing and marketing agricultural products. The mission are :

1. To increase farmers ability in applying post harvest technology and agricultural product processing in order to lessen lost of crop and to improve added value in rural area
2. To apply quality guarantee system effectively for improving competitiveness of fresh and processed products.
3. To increase promotion of agricultural products in order to raise absorption of domestic market as well as currency exchange from agricultural products export.
4. To encourage post harvest efforts, processing and marketing, of agricultural products in order to increase farmers and agribusiness men's income, as well as to create employment opportunity in rural area.



Ministry of Agriculture Republic of Indonesia

Jl. Harsono RM No. 3 Ragunan, Jakarta 12550 Indonesia, Building D 2nd - 3rd Floor

Telp. + 62-21 788 32763, Fax. + 62-21 788 42044

www.deptan.go.id, <http://agribisnis.deptan.go.id>