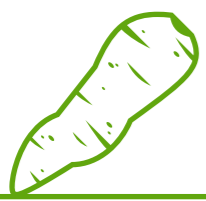


## FLAVORS FROM THE HEART OF THE COUNTRY



Costa Rica offers a wide variety of agricultural products that come from the heart of the land. The roots and tubers cultivated have become well known Costa Rican products across the globe.

### Characteristics



Cassava, the root most exported by Costa Rica, represents 3% of the country's agricultural exports, with 94 companies that export their products to 28 destinations around the world.



The export of products such as yams, ñampí and taro is expanding to include different destinations around the world, which goes to show that this category, that initiated with cassava, still has a long way to go.



### Benefits



Roots and tubers are rich in carbohydrates and represent a gluten-free option for the consumption of these nutrients.



Sweet potatoes and cassava are an excellent source of manganese, iron, calcium, potassium, vitamins B6 and B1, and riboflavin.



Roots and tubers are low in sodium and can be stored for several weeks in a household refrigerator.

### Certifications

Quality products are found in every corner of the country. Costa Rican roots and tubers are backed by certifications including:



### Why buy in Costa Rica?

In addition to providing the world with quality, innovation and diversity, Costa Rican products are backed by the **best foreign trade promoter in the world, PROCOMER**, the institution responsible for promoting the export of Costa Rican goods and services across the globe. In addition to this, the trade promoter strives to simplify and facilitate export procedures, satisfying the demands of international buyers of the ample and diverse Costa Rican offer, through long-term commercial relationships.

¡PROCOMER, YOUR BUSINESS PARTNER IN COSTA RICA!