

GREEN AND FRESH COCONUT

CHARACTERISTICS

INFORMATION

EXPORTED VALUE 2021

USD Mil 1054,99

TONS

909,03

MAIN EXPORTS DESTINATIONS

United States, Canada, Spain, Holland, United Kingdom

CERTIFICATIONS

Harvest intervals Will depend on the destination of the coconuts. For fresh consumption, it is harvested at intervals of 2 to 3 months and for copra production the harvest is carried out every 4 months.

AVAILABILITY

YEAR - ROUND

NUMBER OF DESTINTIONS

5 COUNTRIES



Scientific name: *Cocos nucifera*



300-400ml water content



High in antioxidants



Ability to regulate blood pressure and lower triglycerides. Rich in fiber and minerals (potassium, phosphorus, magnesium, iron and vitamins E, C, and B).

