

## Coconut

- Coconut Boat: 23kg Bags
- Size 35 to 55

## Campaign Calendar

Origin	Transport	J	F	M	A	M	J	J	A	S	O	N	D
Côte d'Ivoire	Boat												



The coconut, a tropical fruit belonging to the palm family, has its roots in Malaysia. Hindus consider it the purest offering to make to the divinities.

Information: On average, a coconut weighs 1.5 kilograms. Its brown shell, extremely resistant, contains a dense pulp of milky white color as well as a sweet liquid called coconut water. The coconut, although energetic, is rich in vitamins, minerals and trace elements while being rich in fatty acids.

Use: The tasty flesh of the coconut is exquisite to consume as is. However, you can also bring a gourmet and exotic aspect to your dishes, from appetizer to dessert, by exploiting its pulp and juice.

Storage of the fruit: As long as it remains unopened, the coconut keeps very well at room temperature. The coconut flesh should be stored in a cool place. Be careful not to leave it there for too long, as it dries out quickly. Also, if you store coconut water, consume it quickly, as it tends to ferment.

