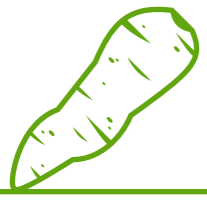


## ROOTS AND TUBERS



### Relevant features:



Cassava, the most exported root from Costa Rica, represents 3% of the country's agricultural exports, with 119 companies taking their products to 28 destinations around the world.



Exports of products such as yam, ñampí (yam) and taro are on the rise in different destinations around the world. Proving that this category, which began with cassava, still has a long way to go.

### Products or varieties

- Sweet Potato (Covington, Beauregard and Evangeline).
- Yam (Diamond).
- Yam (ñampí) (Creole and Brazilian).
- Cassava (Valencia and Señorita).
- Ginger (Grand Cayman).

### Benefits



Most roots and tubers are good sources of potassium and contain lower amounts of sodium.



These products are rich in carbohydrates and represent an alternative for the consumption of gluten-free products.



Its consumption can strengthen the immune system, prevent heart disease and diabetes.



Product of easy storage and long life (for common refrigerators).

### Certifications

The quality of our products is found in every corner of Costa Rica. Our roots and tubers are accompanied by certifications such as:



### Statistics:

**137** exporting companies.  
**\$128.5 million USD** in annual export value.  
**The United States (56%), the Netherlands (16%) and Spain (6%) are the main export markets.**

PROCIMER, YOUR BUSINESS PARTNER WITH COSTA RICA!