



RELEVANT CHARACTERISTICS



Costa Rica is the largest exporter of pineapple and the second largest exporter of bananas worldwide.

Products or varieties



Climate and soil conditions allow an inventory of pineapple, banana and papaya the 12 months of year.

- Banana (Baby Banana, Williams and Valery).
- Pineapple (Golden Pineapple).
- Melon (Cantaloupe, Galia and Yellow Honeydew).
- Papaya (Hybrid Pococi).
- Watermelon (Quetzal and Mini).
- Mango (Keith, Cavallini, Tommy, Irwin and Palmer).
- Dragon fruit.

- Gooseberry.
- Blackberry.
- Granadilla.
- Mangosteen.
- Carambola.
- Passion fruit.



BENEFITS

In addition to being sweet, pineapple is abundant in potassium, iodine and vitamins A, B and C. Contains 85% water.

Watermelon is the fruit that contains the most water, with 93% in its composition, so its caloric value is only 20 calories per 100 grams. contributes to conditions such as asthma, cancer and inflammation.



Products have excellent nutritional properties and medicinal, for example, cape gooseberry has a high content of vitamin A

and antioxidants, soursop is attributed anticancer properties or ipecac, used in medicine for the treatment of respiratory tract disorders.

CERTIFICATIONS

The exotic nature of our photos does not exempt them from meet the highest quality standards and certifications required by countries where people consume them. These are some of the certifications that our fruit:











PROCOMER, YOUR BUSINESS ALLY IN COSTA RICA

Sources: State University of New York, American Chemical Society, American Society for Horticultural Science Hort Technology Magazine