

VEGETABLES



Relevant features:



Vegetables, roots and tubers from Costa Rica are consumed throughout the world. The largest buyers, after the United States, are the Netherlands and Puerto Rico, showing these types of products are wanted in different and distant markets.



We have supply of vegetables during most of the year.

Products or varieties:

- Tomato.
- Chayote (mirliton).
- Carrot.

Benefits



Tomato is the main dietary source of the antioxidant lycopene, associated with a lower risk of heart disease and cancer. In addition, they are a great source of vitamin C, potassium, folic acid and vitamin K.



Products like chayote do not contain cholesterol or other unhealthy fats, so it helps to control weight.

Certifications



Statistics:

118 exporting companies.
\$54.8 million USD in annual export value.
The United States (56%), Puerto Rico (14%), Trinidad and Tobago (6%) are the main export markets.

PROCOMER, YOUR BUSINESS PARTNER WITH COSTA RICA!