

# 12 FUN FACTS ABOUT Coconuts



## WORTH IT:

Coconuts were once used to trade for goods and services, and even pay taxes in some parts of the world.

## THEY'RE NOT NUTS:

Coconuts are a drupe, a fruit with a hard stony covering enclosing the seed. In fact, peaches, plums, cherries, almonds and olives are also drupes (aka Stone Fruit).

## MORE TO ENJOY:

A coconut tree can produce up to 180 coconuts a year. They are like nature's vending machines!

## REPRODUCTIVE:

The holes in coconuts aren't just for show, they're actually germination pores!

## MULTI-TALENTED:

Coconut leaves have been used for centuries to create furniture, decor, and even cooking utensils!

## ENERGY SOURCE:

Coconut water not only contains 95% water, but it also contains a natural source of electrolytes with potassium, sodium and manganese.

## ALL NATURAL:

Coconut sugar is a natural, unrefined sweetener with a low glycemic index, which lowers the chances of a blood sugar spike after eating.

## ECO-FRIENDLY:

Unlike many other trees, the coconut tree is highly sustainable as every part of the tree can be used.

## JOB OPPORTUNITIES:

The coconut industry provides a source of employment for millions of people globally thanks to a coconut's extensive list of uses.

## PUP-FRIENDLY:

Coconuts aren't just great for humans, they have a lot of benefits for our four-legged friends too!

## LIFE-SAVING:

Coconuts were once used in World War II for emergency blood transfusions due to their high level of sugar and salts similar to that of human blood.

## ADVENTUROUS:

Coconuts can travel across the ocean's tide and still germinate up to 100 days later!



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