

FRUTOS Y RAICES TROPICALES

B&B DEL SUR

GLOBAL G.A.P.

Somos esencial® COSTA RICA

+506 2736 - 0059 www.frtropicales.com frtropicalescr@gmail.com

MISSION & VISION

MISSION

Bring quality food to consumers and offer a better price to our suppliers in the South Zone.

VISION

To be a leading Exporting company at a national level, with wide international markets offering fresh quality products for the well-being of both our company and our suppliers

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B&B DEL SUR
FRUTOS Y RAICES TROPICALES

Somos esencial® COSTA RICA

PRODUCTS



SQUASH



GINGER

EDDOES



YUCCA





TARO (WHITE)



TURMERIC

TARO (LILAC)



COCONUT



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SQUASH



Scientific name

Curcubita Moschata

Varietie

Naranjo F1

Packaging

Carton box	Bag
45 LBS / 40 LBS	40 LBS / 35 LBS 33 LBS

Production Months

- [x] January
- [x] February
- [x] March
- [x] April
- [x] May
- [x] June
- [x] July
- [x] August
- [x] September
- [x] October
- [x] November
- [x] December

Uses

Mainly used as human food to make creams, purees, casseroles, stew, and desserts

Nutritional Value (100g)

- Carbohydrates: 11.69 g
- Zinc: 0.15mg
- Dietary fiber: 2 g
- Fat: 0.1 g
- Proteins: 1 g
- Phosphorus: 33 mg
- Calcium: 48mg
- Vitamin A: 14mg
- Iron: 0.7 mg
- Potassium: 352 mg
- Magnesium: 34 mg
- Manganese: 0.202 mg

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EDDOES



Scientific name

Colocasia Esculenta

Varietie

N/A

Packaging

Carton box

37 LBS

Production Months

☑ January	☐ April	☐ July	☑ October
☑ February	☐ May	☑ August	☑ November
☐ March	☐ June	☑ September	☑ December

Uses

It is used to prepare soups with other vegetables and meat, it is also consume fried in slices.

Nutritional Value (100g)

- Carbohydrates: 28 g
- Sugar: 0 g
- Dietary fiber: 4 g
- Fat: 0 g
- Protein: 2 g
- Water: -
- Calcium: 4 %
- Sodium: 11 mg
- Iron: 4 %
- Potasium: 0 mg
- Magnesium: -
- Manganese: -

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TARO [White



Scientific name

Xanthosoma sagittifolium

Varietie

N/A

Packaging

Carton box

40 LBS / 37 LBS / 35 LBS

Production Months

☑ January	☑ April	☐ July	☑ October
☑ February	☐ May	☐ August	☑ November
☑ March	☐ June	☐ September	☑ December

Uses

It is used cooked to accompany main dishes, you can also use to prepare flour, creams, fries, puree or fried flakes.

Nutritional Value (100g)

- Carbohydrates: 34.6 g
- Sugar: 0.5 g
- Dietary fiber: 5.1 g
- Fat: 0.1 g
- Protein: 0.5 g
- Water: -
- Calcium: 2 %
- Sodium: 0.15 mg
- Iron: 4 %
- Potasium: -
- Magnesium: -
- Manganese: -

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TARO [Lilac



Scientific name

Xanthosoma sagittifolium

Varietie

N/A

Packaging

Carton box

40 LBS / 37 LBS / 35 LBS

Production Months

☑ January	☑ April	☐ July	☑ October
☑ February	☐ May	☐ August	☑ November
☑ March	☐ June	☐ September	☑ December

Uses

It is used cooked to accompany main dishes, you can also use to prepare flour, creams, fries, puree or fried flakes.

Nutritional Value (100g)

- Carbohydrates: 34.6 g
- Sugar: 0.5 g
- Dietary fiber: 5.1 g
- Fat: 0.1 g
- Protein: 0.5 g
- Water: -
- Calcium: 2 %
- Sodium: 0.15 mg
- Iron: 4 %
- Potasium: -
- Magnesium: -
- Manganese: -

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GINGER



Scientific name

Zingiber Officinale

Varietie

N/A

Packaging

Carton box

30 LBS / 28 LBS

Production Months

☑ January	☐ April	☐ Juy	☑ October
☑ February	☐ May	☐ August	☑ November
☑ March	☐ June	☐ September	☑ December

Uses

It is mainly used as human food to make fresh,mince, canning and pulps

Nutritional Value (100g)

- Carbohydrates: 71.62 g
- Sugar: 3.39 g
- Dietary fiber: 14.1 g
- Fat: 4.24 g
- Protein: 4.52 g
- Water: 9.94 g
- Calcium: 114 mg
- Sodium: 27 mg
- Iron: 19.8 mg
- Potasium: 1320 mg
- Magnesium: 214 mg
- Manganese: 33.3 mg

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YUCCA



Scientific name

Manihot Esculenta

Varietie

Valencia

Packaging

Carton box

35 LBS

Production Months

☑ January	☑ April	☑ July	☑ October
☑ February	☑ May	☑ August	☑ November
☑ March	☑ June	☑ September	☑ December

Uses

It can be served fried, cooked, roasted or braised, although mainly
It is used to obtain cassava and tapioca flour.

Nutritional Value (100g)

- Carbohydrates: 26.9 g
- Sugar: 1.7 g
- Dietary fiber: 1.8 g
- Fat: 0.4 g
- Protein: 3.2 g
- Water: 60
- Calcium: 16 mg
- Sodium:14 mg
- Iron: 0.27 mg
- Potassium: 271 mg
- Magnesium: 21 mg
- Manganese: 0.38 mg

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TURMERIC



Scientific name

Curcuma longa

Varietie

N/A

Packaging

Carton box

30 LBS / 28 LBS

Production Months

☑ January	☐ April	☐ July	☑ October
☑ February	☐ May	☐ August	☑ November
☑ March	☐ June	☐ September	☑ December

Uses

It is used in the elaboration of different ecological products and food supplements that are beneficial to health

Nutritional Value (100g)

- Carbohydrates: 67.14 g
- Sugar: 3.21 g
- Dietary fiber: 22.7 g
- Fat: 3.25 g
- Protein: 9.68 g
- Water: 12.85g
- Calcium: 17 %
- Sodium: 27 mg
- Iron: 55 mg
- Potasium: 0 mg
- Magnesium: 208 mg
- Manganese: -

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COCONUT



Scientific name

Cocos nucifera

Varietie

N/A

Packaging

Carton box

Units

Prduction Months

☑ January	☑ April	☐ July	☐ October
☑ February	☐ May	☐ August	☐ November
☑ March	☐ June	☐ September	☑ December

Uses

It is mainly used for consumption in different forms of preparation.

Nutritional Value (100g)

- Carbohydrates: 15.23 g
- Sugar: 6.23 g
- Dietary fiber: 9 g
- Fat: 33.49 g
- Starch 20.90 g
- Water: -
- Calcium: 14 mg
- Sodium: -
- Iron: 2.43 mg
- Potasium: 356 mg
- Magnesium: 32 mg
- Manganese: -

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