



# Coconut Tree Care



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## > Tips for Happy Coconut Trees

**PLANTING GUIDE:** Select a well-draining planter or container at least 12 inches deep for proper root growth. Add a well-draining potting soil, one mixed with sand or vermiculite that drains well for your coconut tree. Plant the coconut leaving 1/3 of the husk above the soil level.

**LIGHT & TEMPERATURE:** Coconut trees need warmth, they thrive at temperatures of 70 degrees F (21 C) and above. Place the plant in a well-lit and warm environment. Coconuts thrive in hot places with plenty of sunshine, so a sunny window is the best place for your indoor or patio container garden. Your plant will be happy as long as you can give it bright, filtered light for at least four to six hours daily. If you live in a cold environment, make sure to bring your coconut tree inside during the winter.

**WATER:** When watering your coconut tree, ensure that your container is draining properly. Coconuts can suffer if soil remains waterlogged, they require excellent drainage. Our experience has been as soon as the soil dries; it is time to water. Do not let your coconut tree sit dry for more than a day or two. In pot, water thoroughly but allow soil to dry slightly between watering.

**FERTILIZER:** Coconut trees are very hungry! They require consistent, regular feeding using a complete fertilizer that contains magnesium, boron and manganese.

## > Coconut Care Instructions

**NUTRITION AND HEALTH PROPERTIES OF THE COCONUT:** The nutritional value of the coconut and its taste will vary depending on the stage of maturity the coconut is in. Generally, the coconut has significant amounts of minerals (potassium, sodium, phosphorus and chlorine), and fibers. As the flesh matures it becomes enriched and so does its content of fat. The coconut also has carbohydrates, proteins, fats, vitamins A, B1, B2, B5 and C and magnesium.

**COMMON USES:** The coconut is a common fruit found in tropical climates around the world. It originated from the coconut palm, a plant pertaining to the family of the palm ceas, which includes nearly a million varieties. Most people are familiar with 2 types of coconuts: the fresh green coconut for water and the brown ripe coconut for the meat. The first one has great quantity of water and a soft pulp, which is used for cooking to give light taste to drinks and sweets. This is in the earlier stages of development on the tree. As the coconut ripens on the tree it turns brown. It is literally dehydrating on the tree. This is usually seen in stores with the husk already removed and it looks about the same size as a grapefruit. Coconut water can be used by diabetics, since it does not contain sucrose (a type of sugar). It is prescribed by doctors around the world to help with minor and major ailments of all sorts. The health benefits are truly astounding.

**BENEFITS:** Coconut water is considered a natural isotonic, rich in minerals. The presence of electrolytes such as sodium and potassium in coconut water provides more rapid absorption, recovering the losses of these minerals in the urine and skin. A natural isotonic beverage, it replaces fluid lost in physical activities and is used for dehydration recovery, also a good serum plant.

