



# Scope Asia Timor LDA Coconut water baginbox *Model*

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- **Coconut water** is a nutrient rich fluid which is found in young coconuts. It is also sometimes known as coconut juice, and it is a popular food in many regions of the tropics, where coconuts are grown.
- Outside of the tropics, some markets carry pasteurized canned or bottled coconut water, and sometimes it is also possible to buy whole young coconuts which can be sliced open for their coconut water.
- The nutrients in coconut water include potassium, magnesium, and vitamin C.
- There are many health benefits of drinking coconut water. This drink helps in relieving problems related to the urinary tract, intestines and kidneys. Coconut water helps cure urinary problems such as polyuria and strangury. It also helps improve digestion and destroys intestinal worms if taken with a teaspoonful of olive oil for three days. Coconut water relieves the intestines of harmful toxins. It also acts as a carminative, thereby relieving the gas present in alimentary canal.



- Along with above mentioned uses, coconut water offers the following benefits. It is important to note that most of the coconut water benefits can be availed only when it is fresh; this is because fermentation of this liquid begins once it is exposed to air. The list given below should help understand why coconut water is one of the best natural drinks on earth.
- Since coconut water is isotonic in nature, it proves to be useful for rehydrating the body. A well-hydrated body finds it easy to get rid of toxins by means of urination.
- It helps boost the blood circulation and maintains pH level of body fluids. Electrolytes present in coconut water fulfill the energy requirements of body in far a better manner than any other packaged drink; patients of diarrhea can benefit largely from the intake of this energy drink.

# Coconut water health effects



- Intake of coconut water allows to keep tabs on weight gain and also helps control diabetes.
- Presence of antioxidants in coconut water proves to be of great help in fighting off free radicals.
- Coconut water is considered to be more beneficial than milk and orange juice. It doesn't contain fats and cholesterol - present in milk. Excess calories found in orange juice too are absent in coconut water.
- It is observed that coconut water plays an important role in reducing the blood pressure in arteries.
- It is also used to get rid of the swelling in hands and legs. Coconut water is especially useful for patients as it helps absorb drugs easily.
- It is observed that coconut water proves to be useful in reducing acne. The cleansing and toning of skin can be brought about by applying coconut water on the face.

- **Situation in Los Palos Timor Leste**

**Information points:**

a. Current activities of the farmers with the coconut trees in Lautem

- **Farmers take the coconut for:**

- Feeding the pigs and other animals
- Make coconut oil, there is small industry in Los Palos

- **How the farmers take the coconut from the trees**

- Climbing up to the coconut trees in the traditional way (cutting steps on the tree)
- The way how to cut the coconut from the trees is not efficient. Only from 5 trees the coconuts can be cutted.

- **Different types of coconuts defined by colour**

- Ps: each colour of coconut has different taste
- Yellow; sun yellow & little bit red
- Green; dark green (ganza) & young/light green
- Red coconuts are the best quality from the local coconuts

- **Types Of coconut trees**

- **A. Young coconut trees**

- Details:
  - Less than 50 years old
  - Produce more coconuts
  - One tree has 12 branch
    - >> Each branch has 8 nuts
  - (8 nuts x 12 branch = 96 nuts/1 coconut tree)
    - Coconut tree can produce 3 times/year
    - Start July/August until November
    - Better to get the coconuts during dry season, because the taste is better.
- 1<sup>st</sup> cutting: good quality, including the taste (6 months after plant)
- 2<sup>nd</sup> time of cutting: good quality, including the taste (4/5 months after 1<sup>st</sup> cutting)
- 3<sup>rd</sup> time of cutting: less quality than 1<sup>st</sup>&2<sup>nd</sup> times, including the taste (4/5 months after 2<sup>nd</sup> time of cutting)

## A. Old coconut trees

- **Details:**
- More than 50 years old
- Produce less coconuts than young coconut trees
- One tree has 8 branch
  - >> Each branch has 5 nuts
  - (5 nuts x 8 branch = 40 nuts/1 coconut tree)
- Coconut tree can produce 3 times/year
- Start July/August until November
- Better to get the coconuts during dry season, because the taste is better, more tasty

## How many cuts can be done ?

- 1<sup>st</sup> cutting: good quality, including the taste (6 months after plant)
  - 2<sup>nd</sup> time of cutting: good quality, including the taste (4/5 months after 1<sup>st</sup> cutting)
  - 3<sup>rd</sup> time of cutting: less quality than 1<sup>st</sup>&2<sup>nd</sup> times, including the taste (4/5 months after 2<sup>nd</sup> time of cutting)
  - The taste is the same between the young and old coconut trees
  - The different is the quantity of the coconut water. From the old coconut tree the quantity will be less ass the young coconut tree
  - **For Instance:**
    - If the seeds were coming from one (the same) mother seed, it could guarantee the quality and the taste will be the same even after 50 years.
- To take care of the coconut trees by the local farmers:  
Give humus/kompos ← organic



## 1. Location: Don Bosco, Fuloro, Lospalos

- Attendees: Father Trans Don Bosco, Silvio Decurtins, Antunes Domingos Lopes, Barbara Lietz, Dahlia Bernardo
- **Information points:**
  - a. Coconut trees in Don Bosco's compound
    - +- 800 trees
    - 500 coconut trees/ 60% from the trees are producing coconuts.
    - Coconut trees are more than 50 years old.

- **SUMMARY**

- **250 nuts can produce 120 liter**

- **1 Coconut = +- 500 ml**

- **OLD COCONUT TREES**

- **Location: Don Bosco, Fuiloro, Lospalos**

- 5 nuts x 8 branch = 40 nuts/ one coconut tree

- 40 nuts x 600 trees = 24.000 nuts

- 24.000 nuts / 2 liters = 12.000 liters

- 12.000 liters / 3 liters = 4000 boxes (Per box has 3 liter of coconut water)

- **YOUNG COCONUT TREES**

- **Location: Com, Lospalos**

- 8 nuts x 12 branch = 96 nuts/ one coconut tree

- 96 nuts x 300 trees = 28.800 nuts

- 28.800 nuts / 2 liters = 14.400 liters

- 14.400 liters / 3 liters = 4800 boxes (Per box has 3 liter of coconut water)

## Pasteurize coconut water directly to the farmers



MINI TRUCK

- The pasteurize machine can be transported on the “pickup-car” and runs from farm to farm in the country who has coconut trees.
- The process will be done on the farm land. The product will be filled up in a baginbox. packing system.
- Ready to bring it in the market

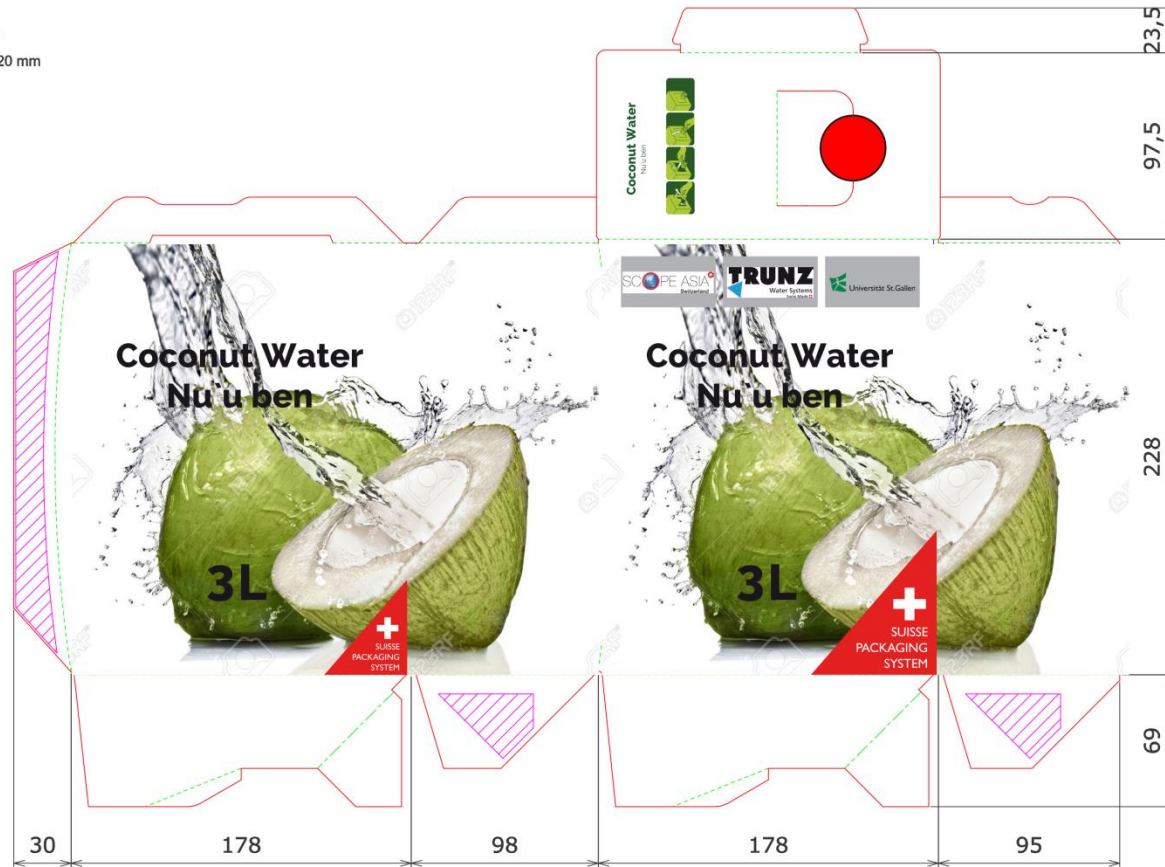
Heating the **coconut water** to **pasteurize** it, they use a high-pressure, low-temperature method that produces **coconut water** that's completely safe to drink, but is still 100% raw.

# Pasteurize coconut water



# Pasteurize coconut water

Kunde: DGB  
Bez.: 3 Liter Bag in Box  
Qualität: TSM3  
Innenmaß: 175 x 95 x 220 mm  
Projekt: S2517A  
Datum: 21.07.2016  
Ansicht: Druckseite



Thank you!

**Questions?**