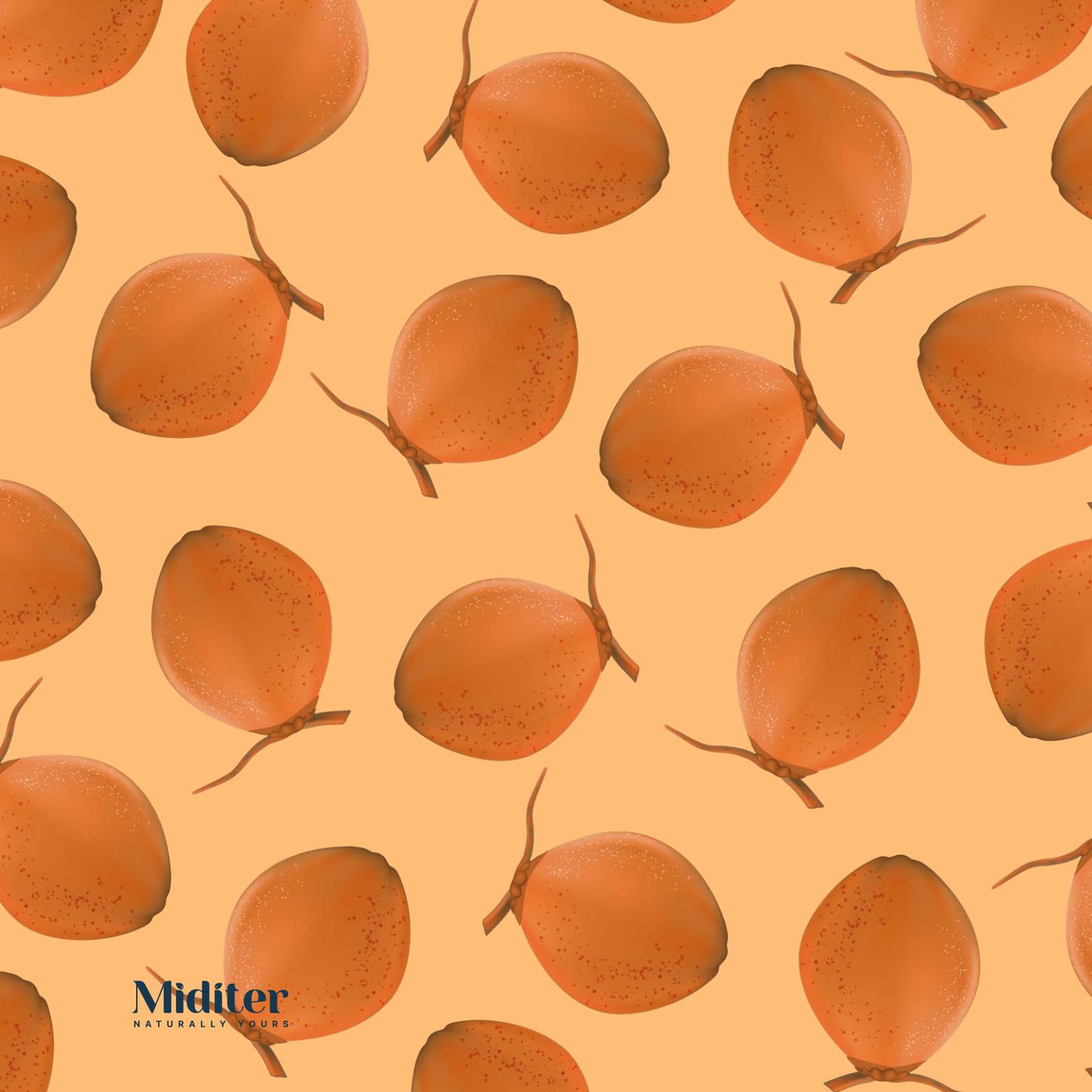


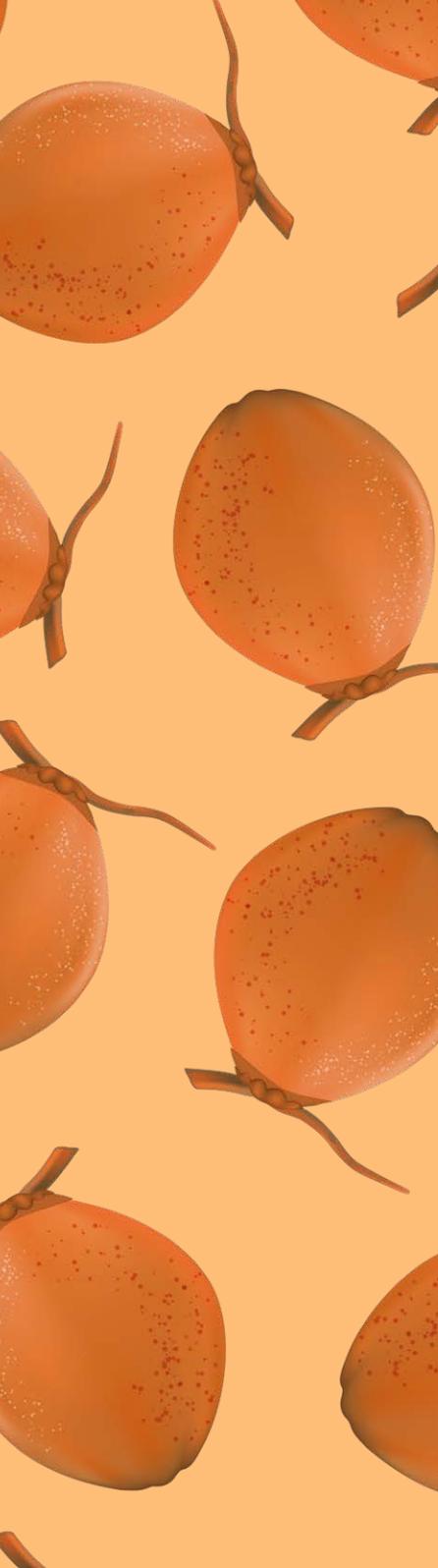
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KING COCONUT





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INTRODUCTION TO KING COCONUT

Origin, Growth, and Distribution

King coconut (*Cocos nucifera* var. *aurantiaca*), a tropical nut belonging to Family *Arecaceae*, is predominantly found in Sri Lanka. In Sinhalese, it is referred to as 'Thambili'.

Unlike green coconuts found in other coconut-growing regions, king coconuts possess unique flavour characteristics and the nut is orange in colour. The cultivation of king coconuts is concentrated in Sri Lanka, particularly in regions such as Kurunegala, Gampaha, and Galle. These trees often thrive with minimal human intervention, even in the wild.

THE KING COCONUT TREE

King coconuts grow atop palm trees ranging from 20 to 30 meters in height, slightly shorter than other coconut palm varieties. Their overall structure, including their shape, rooting system, stem, and leaves, closely resembles that of other coconut trees.





GROWTH OF THE FRUIT

The journey of a king coconut begins with fertilization, leading to the development of its pericarp. Over six months, the fruit matures, with the endosperm filling with nourishing liquid, offering a bounty of flavor and nutrients. This endosperm expands as the fruit gets bigger, reaching its maximum size in about six months. At this point, solid endosperm starts forming, starting at one end and spreading throughout the fruit. In the beginning, there are lots of nuclei suspended in the liquid, which eventually become part of the cells in the growing endosperm. Initially, the endosperm is more like a jelly without distinct cells, but as it develops, cells form and spread throughout the fruit.

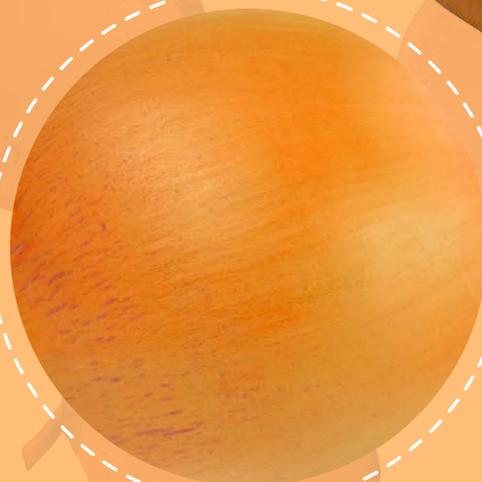
The Fruit (King Coconut)

GROWTH LOCATION

King coconuts grow in clusters at the tops of palm trees, typically in groups of up to 20 nuts.

EXTERIOR APPEARANCE

King coconuts are oval-shaped, much like a football, with a pointed end opposite the stem. Their skin boasts a bright orange hue. Diameter of the round part of King coconuts falls within the range of 20 to 30 centimetres.





INTERIOR STRUCTURE & **FRUIT COMPOSITION:**

King coconuts consist of an edible liquid endosperm (water) enclosed within a solid endosperm (kernel). The colour of the liquid endosperm, or coconut water, is transparent with a slight pinkish shade, offering a refreshing and visually appealing drink. Within the solid endosperm, or kernel, of the king coconut, you'll find a creamy white interior, complementing the tropical aesthetic.

To access the liquid, cut the stem end with a sharp knife and create a beveled edge. Once opened, the interior of the rind has a soft, gelatinous layer that can be consumed which is rich in vitamins, minerals, and antioxidants.

Seasons/Availability

King coconuts are available year-round.

MATURITY SIGNS AND HARVESTING OF KING COCONUT

King coconuts are typically harvested at around 7 to 8 months of maturity to ensure optimal taste and nutritional value. Careful harvesting techniques are employed to prevent damage to the fruits.



USES OF THE KING COCONUT

King coconut water serves as a refreshing beverage and can be consumed fresh or added to smoothies and juices. The flesh inside can also be eaten directly or incorporated into various recipes.



HEALTH BENEFITS OF KING COCONUT

King coconut water helps in rehydration and can be used as a refreshing drink due to its isotonic composition.

It serves as a natural source of blood sugar restoration and can help curb hunger.

Rich in vitamin C, king coconut water acts as a dietary antioxidant.

The ascorbic acid content in king coconut water offers anti-aging benefits for skin care.

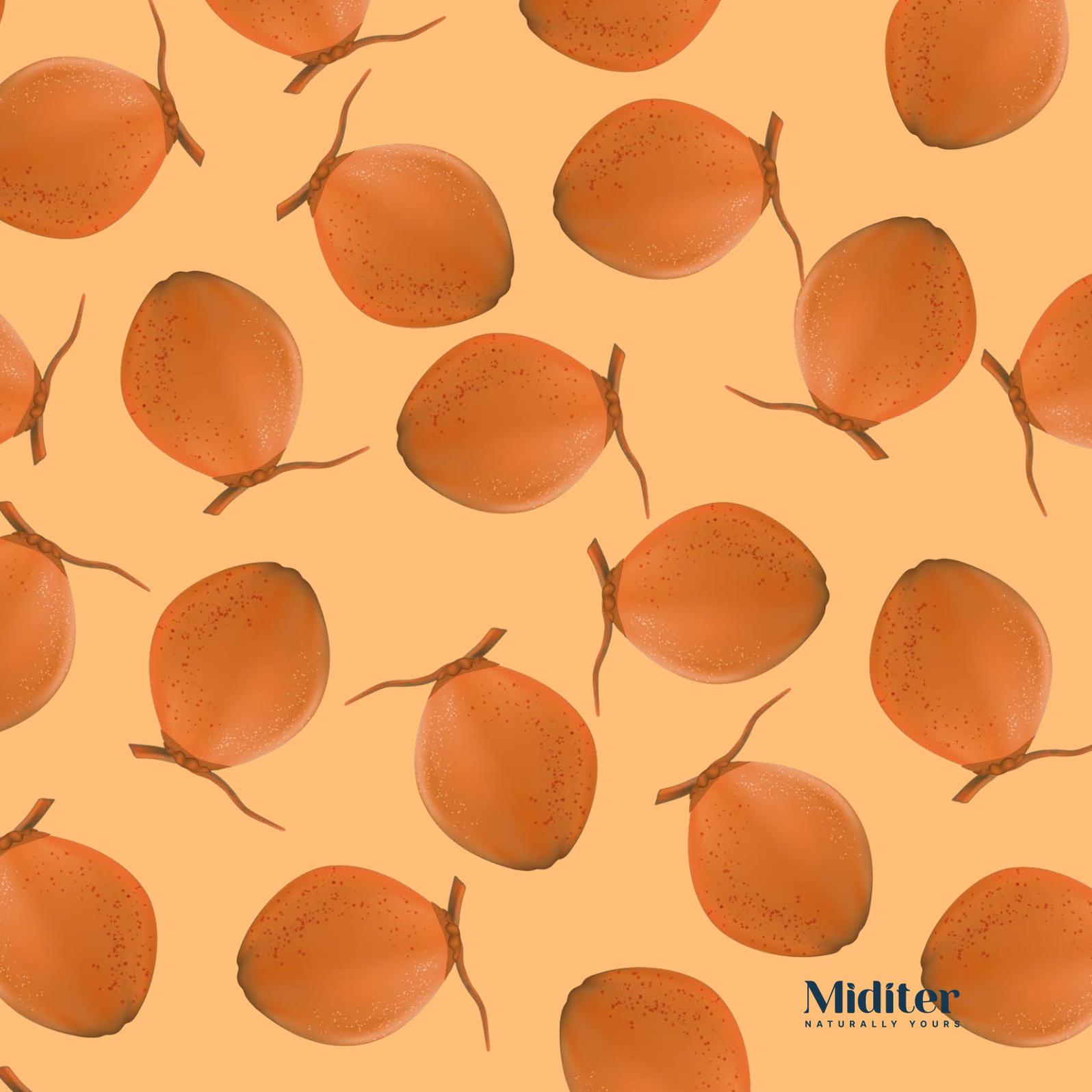
Magnesium in king coconut water helps maintain lower blood sugar levels and promotes insulin sensitivity, potentially preventing Type II diabetes.

L-arginine in king coconut water has cardioprotective properties.

King coconut water possesses various medicinal properties, including hepatoprotective, anti-inflammatory, and renal-regenerative effects.

King coconut oil is a common ingredient in both contemporary and traditional Ayurvedic treatments for hair and scalp issues.





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