



*We harvest
for your
family's
health.*

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About Us

Founded in 2005, CR Farm Products began its course as exporters based on its great experience as root and tuber farmers. With an established family business of 4 brothers and their father, their dedication and hard work enabled them to take the next steps as exporters finding new markets for their crops. Thus, they began exporting ginger and pumpkin to the USA. As a family owned and operated business, we offer a more extensive line of fresh products from the most desirable climates in Costa Rica. CR Farm Products has now evolved into one of the leading companies in the production and exportation of agricultural products from Costa Rica.

Contact Us



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Why Us?

Why should you work with us?

- We have a direct production system and partners.
- We have no intermediaries
- We have professionals in planting with more than 20 years of experience
- Fresh product, not stored
- We are accessible in the required weights
- We adapt to custom packaging
- Our strategic location makes us more accessible in terms of freight costs
- We have a representative of the company in Miami, FL, thus giving better accompaniment to all our US clients.
- We handle different methods of product delivery for both importers and wholesale distributors
- We have different sales options
- Private labeling
- Complete logistics service



Cassava



Common name: Cassava, yuca

Scientific name: Manihot sculenta

Principal Production Zones in Costa Rica: North Huetar Zone and Brunca Zone

Production: All year

Tariff Reference: 071410000011

Boxes per pallet: 60 - 66

Pallets per shipment: 22

Pallet dimensions: Length: 108 cm Width: 98 cm Height: 210 cm

Presentation: generic corrugated cardboard boxes

Premium quality standard: Min Length: 20 cm Min Width: 4 cm

Nutritional value in 100 gr of edible part

Water: 59.6 gr
Calories: 159
Sodium: 14 mg
Carbohydrates: 38.05 gr
Proteins: 1.4 gr
Potassium: 271 mg
Iron: 0.3 mg
Magnesium: 21 mg
Fat: 0.3 gr
Calcium: 16 mg

Fiber: 1.8 gr
Phosphorus: 27 mg
Vitamin C: 20.6 mg
Vitamin A: 25 UI
Vitamin E: 0.19 mg
Vitamin B1: 0.087 mg
Vitamin B2: 0.0048mg
Niacin: 0.854 mg
Folate: 27 mg

Peeled Yuca



Common name: Cassava, yuca

Scientific name: Manihot sculenta

Principal Production Zones in Costa Rica: North Huetar Zone and Brunca Zone

Production: All year

Tariff Reference: 071410000011

Boxes per pallet: 54 - 60

Pallets per shipment: 22

Pallet dimensions: Length: 108 cm Width: 98 cm Height: 210 cm

Presentation: mesh bags

Premium quality standard: Min Length: 8 cm Min Width: 4 cm

Nutritional value in 100 gr of edible part

Water: 59.6 gr	Fiber: 1.8 gr
Calories: 159	Phosphorus: 27 mg
Sodium: 14 mg	Vitamin C: 20.6 mg
Carbohydrates: 38.05 gr	Vitamin A: 25 UI
Proteins: 1.4 gr	Vitamin E: 0.19 mg
Potassium: 271 mg	Vitamin B1: 0.087 mg
Iron: 0.3 mg	Vitamin B2: 0.0048mg
Magnesium: 21 mg	Niacin: 0.854 mg
Fat: 0.3 gr	Folate: 27 mg
Calcium: 16 mg	

Pumpkin



Common name: Pumpkin

Scientific name: Cucurbita sp

Principal Production Zones in Costa Rica: North Huetar Zone and Brunca Zone

Production: All year

Tariff Reference: 070993100010

Mesh bags per pallet: 60 - 66

Pallets per shipment: 20

Pallet dimensions: Length: 100 cm Width: 100 cm Height: 210 cm

Presentation: palletized wooden boxes

Premium quality standard: Minimum weight: 2 kg

Nutritional value in 100 gr of edible part

Calories: 26
Carbohydrates: 6.5 gr
Sodium: 1 mg
Protein: 1 gr
Water: 91.60 gr
Magnesium: 12 mg
Calcium: 21 mg
Potassium: 340 mg
Phosphorus: 44 mg

Ginger



Common name: Ginger

Scientific name: Zingiber officinale

Principal Production Zones in Costa Rica: North Huetar Zone and Brunca Zone

Production: September to May

Tariff Reference: 091011100010

Shipment capacity: 60 boxes - 600 boxes

Pallets per shipment: 22

Pallet dimensions: Length: 108 cm Width: 98 cm Height: 210 cm

Presentation: generic corrugated cardboard boxes

Premium quality standard: Minimum 150 gr

Nutritional value in 100 gr of edible part

Calories: 47	Fat total: 1.60 g
Carbohydrates: 9 g	Ascorbic acid: 2 mg
Phosphorus: 66 mg	Calcium: 44 mg
Iron: 1.8 mg	Riboflavin: 0.06 mg
Niacin: 0.7 mg	Thiamine: 0.02 mg
Fiber: 0.90 g	

Malanga Isleña



Common name: Tiquisque Blanco, Malanga

Scientific name: Colocasia sculenta

Principal Production Zones in Costa Rica: North Huetar Zone and Brunca Zone

Production: November to May

Tariff Reference: 071450100011

Boxes per pallet: 60

Pallets per shipment: 22

Pallet dimensions: Length: 108 cm Width: 98 cm Height: 210 cm

Presentation: generic corrugated cardboard boxes

Premium quality standard: Minimum 400 gr Maximum: 2 kg

Nutritional value in 100 gr of edible part

Calories: 142
Carbohydrates: 34.6 gr
Fiber: 5.1 gr
Sodium: 0.15 mg
Fat: 0.1 gr
Protein: 0.5 gr

White Malanga



Common name: White Malanga

Scientific name: Xanthonoma Sagittifolium

Principal Production Zones in Costa Rica: North Huetar Zone and Brunca Zone

Production: November to May

Tariff Reference: 071450100011

Boxes per pallet: 60

Pallets per shipment: 22

Pallet dimensions: Length: 108 cm Width: 98 cm Height: 210 cm

Presentation: generic corrugated cardboard boxes.

Premium quality standard: Minimum 15 cm | **Second quality:** Minimum 10 cm a 15 cm

Nutritional value in 100 gr of edible part

Calories: 134
Carbohydrates: 34 gr
Protein: 4 gr
Fiber: 2 gr
Sodium: 14 mg

Lilac Malanga



Common name: Lilac Malanga

Scientific name: Xanthonoma Sagittifolium

Principal Production Zones in Costa Rica: North Huetar Zone and Brunca Zone

Production: November to May

Tariff Reference: 071450100011

Boxes per pallet: 60

Pallets per shipment: 22

Pallet dimensions: Length: 108 cm Width: 98 cm Height: 210 cm

Presentation: generic corrugated cardboard boxes

Premium quality standard: Minimum 15 cm

Nutritional value in 100 gr of edible part

Calories: 134
Carbohydrates: 34 gr
Protein: 4 gr
Fiber: 2 gr
Sodium: 14 mg

Eddoes



Common name: Eddoes, ñampí

Scientific name: Colocasia esculenta

Principal Production Zones in Costa Rica: North Huetar Zone and Brunca Zone

Production: All year

Tariff Reference: 071450100011

Boxes per pallet: 60 - 66

Pallets per shipment: 22

Pallet dimensions: Length: 108 cm Width: 98 cm Height: 210 cm

Presentation: generic corrugated cardboard boxes

Premium quality standard: Minimum 80 gr

Nutritional value in 100 gr of edible part

Calories: 160
Carbohydrates: 38 g
Proteins: 1 gr
Phosphorus: 32 gr
Calcium: 26 mg

Yampeen



Common name: Papa china, yampeen

Scientific name: Colocasia esculenta var. Antiquorum Araceae

Principal Production Zones in Costa Rica: North Huetar Zone and Brunca Zone

Production: North: February-April South: August-December

Tariff Reference: 070993100010

Mesh bags per pallet: 60 - 66

Pallets per shipment: 20

Pallet dimensions: Length: 108 cm Width: 98 cm Height: 210 cm

Presentation: palletized wooden boxes

Premium quality standard: Minimum 180 gr

Nutritional value in 100 gr of edible part

Calories: 101
Protein: 2.20 gr
Iron: 1.20 mg
Fiber: 0.50 gr
Fat total: 0.20 gr
Vitamin C: 7 MG
Calcium: 35 mg

Yam



Common name: Yam

Scientific name: Colocasia esculenta var. Antiquorum Araceae

Principal Production Zones in Costa Rica: Zona Huetar Norte y Zona Atlántica

Production: July-May

Tariff Reference: 070993100010

Mesh bags per pallet: 60 - 66

Pallets per shipment: 20

Pallet dimensions: Length: 108 cm Width: 98 cm Height: 210 cm

Presentation: palletized wooden boxes

Premium quality standard: Minimum weight: 400 gr Maximum weight: 2 kg

Nutritional value in 100 gr of edible part

Calories: 265
Carbohydrates: 62 mg
Protein: 3 gr
Fiber: 4 gr
Sodium: 9 mg

Brown Coconut



Common name: Coconut

Scientific name: Cocos nucifera

Production: All year

Presentation del Producto: bags

Required temperature: 0C°-2°C

Required ventilation: 25 CBM

Quantity per Package: 40 pounds

Quantity per Container: 800 bags

Pallets per Container: 40

Bags per Pallet: 20 bags

Type of Transporte: marítimo

Nutritional value in 100 gr of edible part

Calories: 354 kcal	Polyunsaturated: 0.37 mg
Carbohydrates: 15 g	Cholesterol: 0 mg
Proteins: 3.33 g	Vitamin B1: 0.07 mg
Fiber: 9 g	Vitamin B2: 0.02 mg
Water: 46.99 g	Vitamin B6: 0.05 mg
Fat: 33.49 g	Vitamin C: 3.3 mg
Saturated: 29.69 mg	Folates: 26 mcg
Monounsaturated: 1.43 mg	Calcium: 14 mg

Green Coconut



Common name: Green Coconut

Scientific name: Cocos nucifera

Production: All year

Principal Production Zones in Costa Rica: Zona Huetar Norte y Zona Brunca

Presentation del Producto: Palletized en cardboard boxes

Required temperature: 0C°-2°C

Quantity per Pallet: 54-60 boxes or bags

Pallets per Container: 20

Shelf Life: +/- 21 days

Tariff Code: 080119000000

Nutritional value in 100 gr of edible part

Calories: 0 kcal

Carbohydrates: 0 mg

Protein: 0 mg

Water: 0 mg

Magnesium: 0 mg

Potassium: 0 mg

Calcium: 0 mg

Phosphate: 0 mg

Sugar Cane



Common name: Sugar Cane

Scientific name: Saccharum officinarum

Production: All year

Principal Production Zone in Costa Rica: Zona Huetar Norte

Presentation del Producto: cardboard boxes or bundles

Pallets per Container: 22

Bags per Pallet: 60-66 bags

Dimensions per Pallet: Length: 108cm Width: 98cm Height: 210cm

Type of Transporte: marítimo

Shelf Life: +/- 21 days

Tariff Code: 121293000091

Nutritional value in 100 gr of edible part

Carbohydrates: 19 g

Fiber: 3 g

Sugar: 16 g

Sodium: 20.15 mg

Calcium: 42.8 mg

Potassium: 161.10 mg

Proteins: 0 g

Fat: 0 g

Saturated: 0 mg

Monounsaturated: 0 mg

Polyunsaturated: 0 mg

Cholesterol: 0 mg

Vitamin A: 0 mg

Vitamin C: 0 mg

Sweet Potatoe (Orange)



Common name: Sweet Potatoe (Orange)

Scientific name: Cucurbita Moschata

Production: All year

Principal Production Zone in Costa Rica: Zona Huetar Norte

Presentation del Producto: generic corrugated cardboard boxes

Pallets per Container: 22

Bags per Pallet: 60-66 boxes

Dimensions per Pallet: Length: 108cm Width: 98cm Height: 210cm

Premium quality standard: 150gr - 800gr

Shelf Life: +/- 21 days

Tariff Code: 070190000090

Nutritional value in 100 gr of edible part

Carbohydrates: 20 g

Fiber: 3 g

Sugar: 4 g

Sodium: 55 mg

Calcium: 3%

Potassium: 337 mg

Proteins: 1 g

Iron: 3%

Fat: 0 g

Saturated: 0 mg

Monounsaturated: 0 mg

Polyunsaturated: 0 mg

Cholesterol: 0 mg

Vitamin A: 283%

Vitamin C: 4%

Sweet Potatoe (Lila)



Common name: Sweet Potatoe (Lila)

Scientific name: Cucurbita Moschata

Production: All year

Principal Production Zone in Costa Rica: Zona Huetar Norte

Presentation del Producto: generic corrugated cardboard boxes

Pallets per Container: 22

Bags per Pallet: 60-66 boxes

Dimensions per Pallet: Length: 108cm Width: 98cm Height: 210cm

Premium quality standard: 150gr - 800gr

Shelf Life: +/- 21 days

Tariff Code: 070190000090

Nutritional value in 100 gr of edible part

Carbohydrates: 20 g

Fiber: 3 g

Sugar: 4 g

Sodium: 55 mg

Calcium: 3%

Potassium: 337 mg

Proteins: 1 g

Iron: 3%

Fat: 0 g

Saturated: 0 mg

Monounsaturated: 0 mg

Polyunsaturated: 0 mg

Cholesterol: 0 mg

Vitamin A: 283%

Vitamin C: 4%



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