The Cocommunity

Monthly Newsletter of the International Coconut Community

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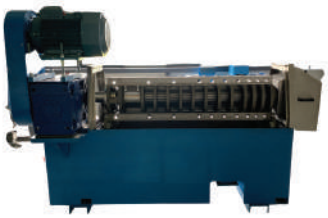

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THE DIRECTOR GENERAL SPEAKS

"Building a Stronger Coconut Future: Innovation and Collaboration as the Pillars of Resilience"

The global coconut industry is at a key moment. We have big problems to face, from old plantations that need replacement to dealing with serious pests, diseases, and the ever-changing climate. If we want the industry to thrive for decades to come, we must focus on science, innovation, and working together.

At the International Coconut Community (ICC), we see our role as the main connector, the organization that helps research turn into real-world action. Our priority is always to get these new and effective solutions directly into the hands of our smallholder farmers. While at the same time also enhances the coconut industry, manufacturers, and entrepreneurs. They are the true pillars of this sector, and their sustainability is our main concern as a global coconut community.

This focus on integrating science and policy was central to the busy month of August, when the ICC was deeply engaged across the region. We were encouraged by the energy and collaborative spirit demonstrated at the 2025 National Coconut Research and Development Congress (NCRDC) in the Philippines, wherein we presented ICC's strategic framework, the "Tech-Policy-Cooperative Nexus," emphasizing how sound policy empowers farmer cooperatives to adopt new technologies. The Philippines served to reinforce collaboration and reaffirm its commitment to host the 52nd International COCOTECH Conference in 2026. The ICC delegation commended PCA and DOST-PCAARRD for the successful organization of the Congress.

Another significant highlight was the successful organization of the 1st International COCOHEALTH Conference in Coimbatore, India. This groundbreaking event was essential for positioning coconut as a cornerstone of global health and nutrition. The conference brought together our Scientific Advisory Committee on Health (SACH) to prepare policy briefs advocating for strong scientific evidence on coconut's health claims.

The constant flow of innovation and the global reach of our works move beyond these major conferences, the ICC actively supported or participated in several other important events, such as strengthened knowledge exchange by hosting the EstCrops_Corner #17 webinar with experts from India and Indonesia, promoted investment by showcasing global opportunities at the Riau Investment Forum, supported education and research at the InCAFEE 2025 conference in Manado, joined the celebrations for World Coconut Day in Sri Lanka, which coincided with the launch of the Northern Coconut Triangle.

All of these activities, from the field to the laboratory and the marketplace, are paving the way for our most important decision-making platform. We must carry this momentum forward. I strongly encourage all our member countries and partners to prepare for our most important annual event: the 61st Session and Ministerial Meeting, hosted by the International Coconut Community and the Government of Thailand, taking place from 18 - 21 November 2025, at The Berkeley Hotel Pratunam in Thailand. We look forward to gathering our leaders and partners there to finalize the consolidated plans and set a clear, strong course for a sustainable future, guided by policy and grounded in science.

DR. JELFINA C. ALOUW
Director General

PREVAILING MARKET PRICES OF SELECTED COCONUT PRODUCTS AND OILS

In August 2025, coconut oil prices demonstrated a synchronized downward trend across major producing countries, such as Philippines, Indonesia and India. Price of desiccated coconut saw an increase in Indonesia and Sri Lanka, conversely India and Philippines reporting lower FOB prices.

COPRA: In August 2025, copra prices in Indonesia declined to US$ 1,344 per metric ton, compared to US$ 1,482 per metric ton in July. Despite the monthly decrease, this represented a substantial year-on-year increase of US$ 503 per metric ton. A similar trend was observed in the Philippines, where prices fell from US$ 1,627 per metric ton in July 2025 to US$ 1,273 per metric ton in August, yet remained US$ 493 per metric ton higher than the US$ 780 per metric ton recorded during the same month last year. Sri Lanka also registered a modest monthly decline in copra prices, with a 1.3% decrease recorded in August.

COCONUT OIL: In August 2025, coconut oil prices showed a mixed but generally synchronized movement across major producing countries. In Europe (C.I.F. Rotterdam), the average price declined to US$ 2,742 per metric ton, though it still represented a significant 70% year-on-year increase. In the Philippines, the local market price stood at US$ 2,430 per metric ton, reflecting a notable US$ 887 increase compared to the same period last year. Indonesia experienced a moderate monthly decline, with prices easing from US$ 2,796 per metric ton in July to US$ 2,636 per metric ton in August 2025, yet remaining US$ 1,106 higher year-on-year. India also recorded a 5.2% monthly decrease, while Sri Lanka saw a 2.6% increase in local prices compared to the previous month.

COPRA MEAL: In the Philippines, the average domestic price of copra meal declined to US$ 187 per metric ton in August 2025, marking a decrease from the previous month. Despite the monthly drop, the price still reflected a year-on-year increase of US$ 100 per metric ton. Similarly, Indonesia recorded a reduction in the average domestic price of copra meal, which fell to US$ 340 per metric ton in August 2025.

DESICCATED COCONUT: In August 2025, the average FOB (Free on Board) price of desiccated coconut (DC) from the Philippines to the United States declined to US$ 3,718 per metric ton, reflecting a decrease compared to the previous month. The domestic price in the Philippines also recorded a moderate decline, settling at US$ 2,040 per metric ton. In contrast, Indonesia's FOB price for desiccated coconut showed a slight uptick, rising to US$ 2,900 per metric ton, a substantial improvement compared to US$ 425 per metric ton recorded during the same period last year. Likewise, Sri Lanka experienced an increase in its domestic price for desiccated coconut, which reached US$ 3,676 per metric ton in August 2025.

COCONUT SHELL CHARCOAL: In **August 2025**, the average price of **coconut shell charcoal** in India declined to **US$ 967 per metric ton**, representing a slight decrease of **US$ 16 per metric ton** from the previous month. Similarly, **Indonesia** recorded a price drop, with the average falling to **US$ 1,043 per metric ton** during the same period. In contrast, **Sri Lanka** registered a moderate increase, with prices rising to **US$ 930 per metric ton** in August 2025.

COIR FIBRE: In August 2025, Sri Lanka's domestic trade of coir fiber showed that mixed fiber averaged US$ 111 per metric ton, while bristle fiber ranged between US$ 630 and US$ 882 per metric ton. Meanwhile, Indonesia maintained the price of mixed raw fiber at US$ 200 per metric ton, reflecting a moderate increase from the previous year's price of US$ 140 per metric ton.

Price of Coconut Products and Selected Oils (US$/MT)

Products/Country	2025 Aug	2025 Jul	2024 Aug	2025 (Annual Ave.)
Dehusked Coconut				
Philippines (Domestic)	256	317	146	312
Indonesia (Domestic, Industry Use, Sumatera)	312	326	196	335
Sri Lanka (Domestic, Industry Use)	813	731	301	775
India (Domestic Kerala)	856	916	478	828
Copra				
Philippines (Dom. Manila)	1,273	1,627	780	1,422
Indonesia (Dom. Java)	1,344	1,482	841	1,283
Sri Lanka (Dom. Colombo)	1,578	1,599	1,312	1,735
India (Dom. Kochi)	2,598	2,963	1,254	2,246
Coconut Oil				
Philippines/Indonesia (CIF Rott.)	2,742	2,841	1,610	2,497
Philippines (Domestic, Millgate Price)	2,430	2,991	1,543	2,637
Indonesia (FOB)	2,636	2,796	1,530	2,471
Sri Lanka (Domestic)	2,927	2,853	2,314	2,941
India (Domestic, Kerala)	4,376	4,616	2,047	3,554
Desiccated Coconut				
Philippines FOB (US), Seller	3,718	3,748	2,131	3,315
Philippines (Domestic)	2,040	2,046	2,039	2,040
Sri Lanka (Domestic)	3,676	3,571	2,563	3,873
Indonesia (FOB)	2,900	2,888	2,475	3,156
India (Domestic)	3,328	3,729	2,388	3,171
Copra Meal Exp. Pel.				
Philippines (Domestic)	187	219	87	191
Sri Lanka (Domestic)	499	339	282	409
Indonesia (Domestic)	340	343	259	323
Coconut Shell Charcoal				
Sri Lanka (Domestic)	930	860	449	742
Indonesia (Domestic Java), Buyer	1,043	1,045	557	849
India (Domestic)	967	983	496	859
Coir Fibre				
Sri Lanka (Mattress/Short Fibre)	111	110	73	100
Sri Lanka (Bristle 1 tie)	630	640	426	524
Sri Lanka (Bristle 2 tie)	882	806	686	798
Indonesia (Mixed Raw Fibre)	200	200	140	166
Other Oil				
Palm Kernel Oil Mal/Indo (CIF Rott.)	2,264	2,097	1,636	2,036
Palm Oil Crude, Mal/Indo (CIF Rott.)	1,026	975	1,077	1,005
Soybean Oil (Europe FOB Ex Mill)	1,245	1,307	1,095	1,142
Soybean Oil (Europe FOB Ex Mill)	1,031	1,079	1,127	989

Exchange Rate

Aug 31, '25 1 US$ = P57.12 or Rp16,395 or India Rs88.17 or SL Rs301.93

1 Euro = US$ 1.17 n.q. = no quote

MARKET REVIEW OF COCONUT OIL

The global lauric oils market—comprising coconut oil (CNO) and palm kernel oil (PKO)—experienced considerable volatility during the first eight months of 2025. This fluctuation was largely attributed to uneven production trends in major producing countries, influenced by adverse weather conditions and shifts in industrial demand. Despite lower export volumes, both the Philippines and Indonesia recorded significant increases in export values, underscoring the tightness of supply and firm global prices.

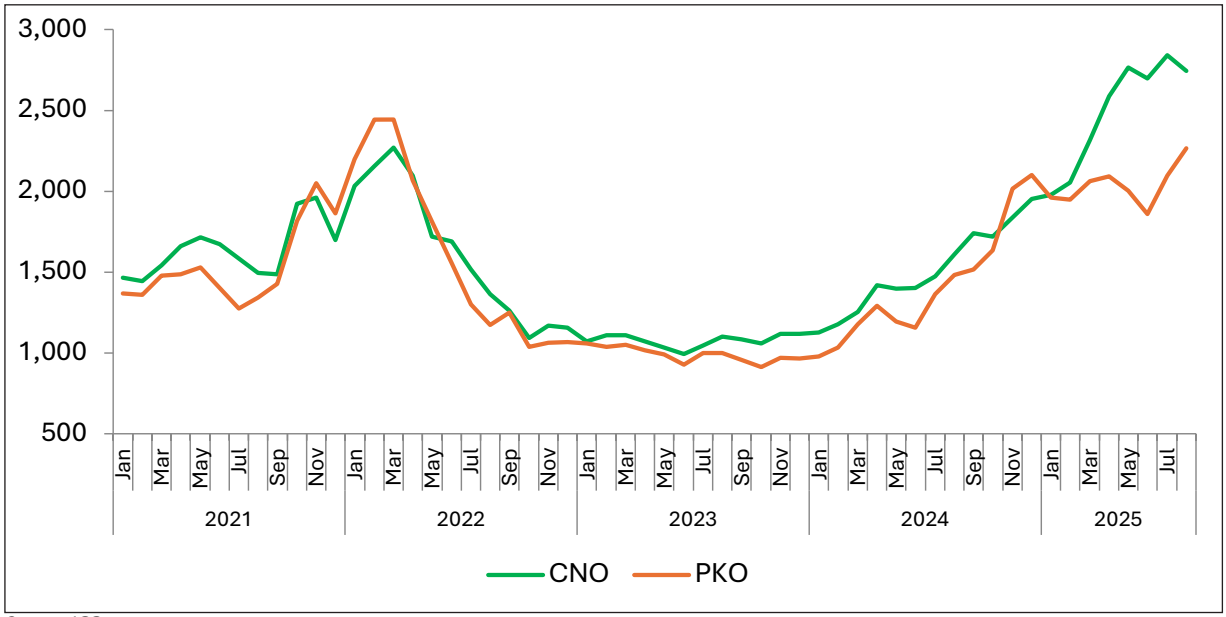
The Philippines, the world's largest coconut oil exporter, recorded a substantial decline in export volumes between January and August 2025, falling by 25.75% to 803,881 metric tons. Nevertheless, the export value increased by 42.35%, suggesting that higher global prices offset reduced output. This imbalance highlights the effects of El Niño-related droughts and reduced nut availability, which curtailed milling operations and tightened overall supply.

Indonesia followed a similar trend. As shown in Table 1, its coconut oil exports dropped by 21.6% to 369,130 metric tons, while export value surged by 46.9%. The decline was mainly due to production disruptions and increased domestic demand from the oleochemical sector. In contrast, PKO exports from Indonesia rose modestly by 1.7% in volume, yet the value more than doubled (up 82.1%) due to price escalation. Overall, total lauric oil exports from Indonesia declined by 5.6% in volume but increased by nearly 70% in value, reflecting a strong global market for lauric oils despite constrained supplies.

Industrial consumption of lauric oils remained resilient throughout 2025, particularly within the oleochemical and biofuel industries. Despite supply limitations, downstream users in Europe and North America maintained robust purchasing activity, driven by the need for sustainable raw materials and substitutes for petroleum-based inputs.

In the European Union, imports of coconut oil declined by 7.1% to 561,678 metric tons during January–July 2025. However, the import value rose sharply by 42.6%, underscoring the price rally triggered by constrained supply. PKO imports remained stable, increasing

Figure 1. Price of Lauric Oils, January 2021 – August 2025, (USD/MT)



Source: ICC

Table 1. Exports of Lauric Oils from Indonesia

		Jan-Jul 2024	Jan-Jul 2025	Change (%)
Coconut Oil	Volume (MT)	471,055	369,130	-21.6
	Value (USD'000)	564,833	829,571	46.9
Palm Kernel Oil	Volume (MT)	1,027,260	1,044,748	1.7
	Value (USD'000)	1,012,375	1,849,700	82.1
Lauric Oils	Volume (MT)	1,498,315	1,413,878	-5.6
	Value (USD'000)	1,577,208	2,679,271	69.9

Source: BPS-Statistics Indonesia

Table 2. European Union (EU28) Imports of Lauric Oils

		Jan-Jul 2024	Jan-Jul 2025	Change (%)
Coconut Oils	Volume (MT)	604,521	561,678	-7.1
	Value (USD'000)	865,493	1,234,388	42.6
Palm Kernel Oils	Volume (MT)	243,515	245,600	0.9
	Value (USD'000)	564,928	771,797	36.6
Lauric Oils	Volume (MT)	848,036	807,278	-4.8
	Value (USD'000)	1,430,421	2,006,185	40.3

Source: ITC

Table 3. US Imports of Lauric Oils

		Jan-Jul 2024	Jan-Jul 2025	Change (%)
Coconut Oils	Volume (MT)	276,866	247,338	-10.7
	Value (USD'000)	410,760	589,342	43.5
Palm Kernel Oils	Volume (MT)	220,429	235,777	7.0
	Value (USD'000)	266,375	441,653	65.8
Lauric Oils	Volume (MT)	497,295	483,115	-2.9
	Value (USD'000)	677,135	1,030,995	52.3

Source: ITC

marginally by 0.9% in volume but rising 36.6% in value. Together, lauric oil imports to the EU contracted by 4.8% in volume but increased by over 40% in value. The Philippines and Indonesia continued to dominate the EU market, accounting for more than 85% of total lauric oil imports.

The United States displayed a slightly softer demand profile compared to Europe. Total U.S. imports of lauric oils declined by 2.9% to 483,115 metric tons, primarily due to a 10.7% reduction in coconut oil imports. Despite the drop in volume, the value of coconut oil imports surged by 43.5%. Meanwhile, PKO imports rose by 7% in volume and an impressive 65.8% in value, reflecting firm prices and strong utilization in surfactant and detergent manufacturing. Overall, total lauric oil import values increased by 52.3%, indicating sustained demand despite reduced availability.

Lauric oil prices displayed notable strength during 2025. Coconut oil prices rose by 38.8%, from USD 1,976 per metric ton in January to USD 2,742 per metric ton in August. Palm kernel oil also experienced firming prices, increasing by 15.4% from USD 1,962 to USD 2,264 per metric ton over the same period. The strong price trajectory was supported by supply shortages in Southeast Asia, increased biodiesel blending mandates, and expanding industrial use of lauric oils as sustainable feedstock alternatives.

Looking ahead, lauric oil prices are expected to remain firm into the final quarter of 2025, supported by tight raw material supply and continued global demand from the food, oleochemical, and renewable energy sectors. Recovery in coconut production will depend heavily on favorable weather conditions in the Philippines and Indonesia. Any improvement in supply could stabilize prices, but structural demand growth—especially from sustainable product markets—is likely to keep lauric oils in a strong price position over the medium term.

COMMUNITY NEWS

ICC PARTICIPATED IN THE 2025 NATIONAL COCONUT RESEARCH AND DEVELOPMENT CONGRESS IN THE PHILIPPINES AND STRENGTHENS COLLABORATION WITH THE PHILIPPINE COCONUT AUTHORITY

The International Coconut Community (ICC) actively participated in the 2025 National Coconut Research and Development Congress (NCRDC) held from 29–31 July 2025 at the Acacia Hotel, Alabang, Muntinlupa City, Philippines. The event was jointly organized by the Philippine Council for Agriculture, Aquatic and Natural Resources Research and Development of the Department of Science and Technology (DOST-PCAARRD) and the Philippine Coconut Authority (PCA). With the theme "COCORISE: Excellence in Research and Innovation for a Sustainable and Empowered Coconut Industry", the Congress served as a national platform for the exchange of research findings, innovative technologies, and policy directions aimed at revitalizing the coconut industry through science-driven solutions.

The Congress opened with inspiring messages from key leaders, including Hon. Renato U. Solidum Jr., Secretary of the Department of Science and Technology; Hon. Francisco P. Tiu Laurel Jr., Secretary of the Department of Agriculture; Dr. Reynaldo V. Ebora, Executive Director of DOST-PCAARRD; and Dr. Dexter R. Buted, Administrator of the Philippine Coconut Authority. In his keynote address, Dr. William G. Padolina, Academician of the National Academy of Science and Technology and former DOST Secretary, underscored the need for research that not only advances technology but also responds to the realities faced by coconut farmers. He emphasized that sustainable progress requires bridging the gap between laboratory innovations and practical applications in the field, ensuring that farmers are empowered to adopt improved technologies and benefit from their outputs.

Representing ICC at the Congress were Dr. Jelfina C. Alouw, Director General, and Mr. A. H. N. Chinthaka, Deputy Director General. Dr. Jelfina was invited as a plenary speaker in the session "From Lab to Field: Accelerating Coconut Innovation toward Economic and Social Change", where she delivered a presentation titled "Bridging Innovation and Applications through Technology Transfer and Evidence-Based Policies." In her address, Dr. Jelfina highlighted a strategic framework integrating three interdependent pillars, technological innovations across the coconut value chain, a cooperative-centric hybrid model for technology transfer, and the use of evidence-based policies to guide sector interventions. She described this integration as the "Tech-Policy-Cooperative Nexus", a virtuous cycle where sound policy empowers farmer cooperatives, cooperatives facilitate technology deployment, and field-generated data informs future policies. Drawing from ICC's regional experience, she stressed that technology adoption must be user-centered, affordable, demonstrable, and supported by robust institutional partnerships. She also cited successful models such as the use of Farmer Field Schools combined with digital platforms and public-private research collaborations to accelerate adoption.

The three-day program featured a rich mix of plenary sessions, oral presentations, poster displays, and technology pitching. Plenary topics covered areas such as conservation of coconut genetic resources, advances in biotechnology and genomics, integrated farm management practices, eco-friendly pest control, private sector engagement, and enabling policies for the coconut industry. Technical sessions highlighted upstream and downstream research outputs, ranging from breeding and genetics to postharvest processing and utilization. The poster presentations provided a visual showcase of innovations and field research, while the technology pitching session introduced new products and tools, including biocontrol agents, mobile applications for farm data collection, coconut-based food innovations,

and mechanical equipment to improve farm efficiency. This segment fostered dialogue between researchers, potential investors, and industry players, with the aim of accelerating the commercialization of promising technologies.

During the visit, the ICC delegation also held a high-level meeting with PCA Administrator Dr. Dexter R. Buted, who serves as the ICC National Liaison Officer for the Philippines. The meeting was attended by PCA Deputy Administrator for Operations, Mr. Roel M. Rosales; ITAG 4 Leader and coconut tissue culture expert, Dr. Vijitha R.M. Vidhanaarachchi; PCA tissue culture scientist Dr. Cristeta A. Cueto; and Ms. Maria Elizabeth B. Naredo of PCA's Research and Development Branch. The discussion focused on the progress of the Philippines' national coconut program, with particular emphasis on the massive replanting initiative targeting the planting of 100 million coconut palms by 2028. Dr. Buted outlined the program's implementation strategies, which combine traditional seednut-based propagation with advanced biotechnology, including tissue culture, to ensure the availability of quality planting materials.

The conversation also explored opportunities for deeper ICC–PCA collaboration. Dr. Buted reaffirmed the Philippines' commitment to host the 52nd International COCOTECH Conference in 2026, and proposed using the conference as a platform to share the latest developments and innovations from ICC member countries, thereby fostering mutual learning and benefiting the entire coconut community. A significant portion of the meeting was devoted to discussing the potential of coconut tissue culture technology. Dr. Cueto and Ms. Naredo shared updates on ongoing research and scaling-up efforts, while Dr. Vidhanaarachchi emphasized the need for broader international cooperation to overcome technical challenges and achieve commercial-scale production. Dr. Buted suggested that ICC could spearhead the organization of an international event dedicated solely to coconut tissue culture, bringing together global experts, research institutions, and industry stakeholders to accelerate development, standardization, and adoption of this critical technology.

The ICC delegation commended PCA and DOST-PCAARRD for the successful organization of the Congress, which not only celebrated scientific achievements but also strengthened linkages among researchers, policymakers, industry leaders, and farmers. The event underscored the vital role of integrated research, inclusive policy frameworks, and effective technology transfer in securing a sustainable and competitive future for the coconut industry. *(ICC News)*

INDONESIA AND INDIA FORGE PATH TO COCONUT INNOVATION AT ESTCROPS_CORNER #17

In a significant step towards revitalizing the coconut sector, the International Coconut Community (ICC) recently hosted a webinar, "EstCrops_Corner #17," bringing together experts from Indonesia and India to discuss the industrialization potential of coconut genetic resources. The event, held on Monday, August 4, 2025, from 09:00 to 12:00 WIB, was moderated by ICC's Director General, Ir. Jelfina C. Alouw, M.Sc., Ph.D. The event was a hybrid format held at the BNC 3 Meeting Room, KST Soekarno in Cibinong, Bogor Regency, and was also broadcast live on YouTube.

The webinar began with a welcome address by Puji Lestari, S.P., M.Si., Ph.D., Head of the Research Organization for Agriculture and Food, BRIN. This was followed by an introduction from Dr. Setiari Marwanto, Head of the Research Center for Estate Crops, BRIN. Both speakers expressed positive hopes for the future of the coconut sector in Indonesia. They highlighted Indonesia's vast genetic diversity of coconuts, including tall, dwarf, and kopyor varieties, as a valuable asset for agro-industrial development based on tropical biodiversity.

Indonesia's Replanting Program: A Call for High-Quality Seeds

Ir. Miftahorrachman the researcher from the Research Center for Estate Crops, BRIN, presented on the status of Indonesian exotic coconut genetic resources. Indonesia is one of the world's largest coconut-producing countries, with a vast area of land planted with coconut trees. The country has ambitious goals for its coconut industry, with a national plan to expand coconut areas by 500,000 hectares over five years, targeting 100,000 hectares annually. This initiative requires a staggering target, however, the current replanting capacity is limited to 15,000 hectares per year with an annual seed requirement of 2.25 million seeds.

The replanting program, which aims to replace old and unproductive crops, faces a significant seed deficit. While there are 400,000 hectares of old/unproductive coconut plantations, the annual replanting target is 80,000 hectares. The current seed demand far exceeds the available supply. Based on data from 2021-2024, Indonesia has a total of 2,451,740 seeds available, including 1,120,656 dwarf coconut seeds and 1,286,084 tall coconut seeds. This is insufficient to meet the national plan's annual requirement of 15 million seeds. The quality of these seeds is paramount, a point emphasized by Ir. Joko Widodo, the seventh president of Indonesia, during his opening speech at the 51st International Coconut Conference and Exhibition.

Lessons from India's ICAR-CPCRI

The webinar featured a presentation by Dr. M.K. Rajesh from the ICAR-Central Plantation Crops Research Institute (ICAR-CPCRI) in India, who shared valuable insights into India's advancements in coconut research and development. The presentation, titled "Towards a Resilient Coconut Industry: Research Contributions from ICAR-CPCRI, India," highlighted several areas where Indonesia could learn from India's approach to creating a vibrant and profitable coconut economy.

A key area of research highlighted was the advancement in genomics and biotechnology. Dr. Rajesh's presentation noted the sequencing of the coconut genome in 2019 (v1.0) and the development of a chromosome-level assembly of the coconut genome (v2.0) and a coconut genome browser in 2024. This genomic research helps in probing coconut defense responses to diseases like root (wilt). In tissue culture, the presentation showcased the standardization of an embryo culture protocol in 1996 and the use of immature inflorescence culture to enable rapid, mass propagation of elite genotypes, ensuring genetic purity and disease-free planting material at an industry scale.

Another important area of innovation is the use of high-density multi-species cropping (HDMSC) in coconut gardens. This innovative approach, which involves intercropping coconut with other plants like pepper, banana, nutmeg, clove, and pineapple, can provide year-round income and higher returns per unit area. It also improves soil health and helps with weed suppression and moisture conservation.

The focus on pest management through biological control is also important. Dr. Rajesh's presentation showcased successful methods for controlling pests like the black-headed caterpillar and the eriophyid mite. The use of specific parasitoids for caterpillars resulted in a 95% reduction in damage and an 26% increase in nut yield. For eriophyid mites, a bi-rational management strategy using a neem oil-garlic-soap emulsion and the fungus

Hirsutella thompsonii led to a 72% reduction in damage and an 18% increase in nut yield. India has also successfully used the Nudivirus for controlling the rhinoceros beetle in island ecosystems.

Finally, the presentation also highlighted the use of smart machines and gadgets to revolutionize coconut value addition. Innovations like the tendernut trimming machine, coconut milk expeller, and a safety

attachment for climbing devices could be adopted to increase efficiency and profitability in Indonesia's coconut industry.

By implementing these strategies, Indonesia can overcome its current challenges and achieve its replanting and production targets, positioning itself as a leader in the global coconut market. *(ICC News)*

UNVEILING COCONUT'S HEALING POTENTIAL: 1ST INTERNATIONAL COCOHEALTH CONFERENCE SHOWCASES GLOBAL COMMITMENT TO COCONUT AND HEALTH

The 1st International COCOHEALTH Conference, held from 19–22 August 2025 in Coimbatore, India, marked a groundbreaking step toward mainstreaming coconut as a cornerstone of global health, nutrition, and sustainable development. Organized by the International Coconut Community (ICC) in collaboration with the Coconut Development Board (CDB), Ministry of Agriculture and Farmers Welfare, Government of India, the conference brought together leading researchers, policymakers, entrepreneurs, and stakeholders under the theme "Coconut – Nature's Treasure to Health."

The event featured 22 expert speakers from seven countries, India, Philippines, Indonesia, Thailand, Japan, Australia, and the USA, alongside 13 poster presentations by emerging scholars. It attracted over 150 in-person attendees and 85 online participants, blending deep scientific dialogue with visionary policy conversations to advance the coconut-health nexus.

In her inaugural address, Dr. Jelfina C. Alouw, Director General of ICC, emphasized that the evolving global health and wellness market presents an unprecedented opportunity for coconut-based solutions. She stressed the need to integrate research, innovation, farmer welfare, and fair trade models, and highlighted the conference as a critical platform to steer coconut into the health policies of the future. With the ICC session and ministerial meeting coming up in Thailand this November, she hope the Scientific Advisory Committee for Health (SACH) can present the latest research and prepare policy briefs for member countries. These briefs could advocate for more feasible studies, standardized methodologies, and specific health claims.

Delivering the keynote address, Dr. Prabhat Kumar, Chief Executive Officer of CDB and Horticulture Commissioner of the Government of India, urged the community to reframe coconut oil as a "health oil" rather than simply a cooking medium. He emphasized that the world is moving rapidly toward functional and therapeutic foods and called for systematic meta-analyses and comprehensive research to substantiate claims and reshape consumer perceptions.

Further reinforcing this message, Dr. P. Retinam, Former Executive Director of APCC and Former Chairman of CDB, highlighted the vast potential of coconut water and proposed the formation of a Global Coconut Health Research Fund. He stressed that strategic funding is essential for deepening scientific discovery and scaling innovations that benefit producers and consumers alike.

A powerful message was also delivered virtually by the Secretary of Ministry of Agriculture and Farmer's Welfare, Government of India, who hailed coconut as a "6D multidimensional crop", vital for diet, digestion, disease prevention, diabetes control, drug development, and daily life. He emphasized the need for new strategies to utilize every part of the coconut and positioned it as an essential component in India's quest for self-sufficiency in edible oils.

Over the course of two days of technical sessions, researchers and practitioners shared evidence on coconut's benefits across multiple domains—neurological health, metabolic disorders, cardiovascular wellness,

dermatology, dentistry, traditional medicine, pharmacology, and food fortification. The sessions revealed the emerging science behind medium-chain triglycerides (MCTs), polyphenols, and other bioactives in coconut oil, water, and derivatives.

ICC – SACH Closed Group Discussion

A pivotal Closed Group Discussion brought together ICC's Scientific Advisory Committee on Health (SACH), chaired by Dr. Fabian Dayrit, to chart the strategic research and policy path forward. The session began with a review of ongoing challenges, including the scientific controversies surrounding saturated fats and coconut oil. Participants carried out a structured SWOT analysis focused on Virgin Coconut Oil (VCO) and coconut sugar, identifying areas for future research such as VCO's potential roles in managing diabetes, obesity, neurological disorders, and immune system regulation, and the positioning of coconut sugar as a natural sweetener beneficial for Type 2 diabetes management. The Committee emphasized the need for stronger scientific evidence through AI-assisted meta-analyses and multi-country clinical trials. A roadmap for the 2026–2036 period was outlined, categorizing research into short-, medium-, and long-term objectives, with an immediate priority to validate therapeutic claims of VCO and coconut sugar through clinical studies. Recommendations were made to seek funding from international bodies like the Asian Development Bank, national research grants, and industry partnerships. Importantly, the discussion underscored the value of intergovernmental collaboration in framing nutrition and health policies grounded in robust coconut-based scientific evidence, with a consolidated plan to be presented at the upcoming ICC Ministerial Meeting in November 2025.

Field Visit

On 22 August, participants undertook a field and industry visit beginning at Jacobi Carbons, where they explored sustainable technology for producing various activated carbon from coconut shells for numerous applications. Company representatives detailed the company's eco-friendly processes, community engagement programs called "Kalpavriksha", and workplace safety standards, demonstrating how technology and social responsibility can go hand in hand in the coconut sector.

This was followed by a visit to a coconut plantation managed by Mr. Ranjeet Kumar, where delegates observed a multi-layered cropping system that included high-value crops like nutmeg. The farm, once a paddy field, had transitioned to coconut cultivation due to water and labor constraints. Mr. Kumar highlighted the effects of climate change, pest and disease outbreaks, and wildlife challenges, while showcasing organic farming practices, technology adoption, and cooperative marketing models aimed at enhancing resilience and profitability.

Special Industry Visit of the Kokonas Indastri Koporesen, Papua New Guinea Delegation

In the lead-up and aftermath of the main conference, the delegation from the Kokonas Indastri Koporesen (KIK) of Papua New Guinea, led by Mr. Alan Aku, ICC National Liaison Officer and Managing Director of KIK, engaged in strategic industry visits to strengthen their understanding of value addition in the coconut sector. On August 18, the delegates visited Marico Limited, where they gained insights into the company's global operations, diverse product portfolio, and market leadership. Marico's annual turnover and its success in marketing coconut-based personal and health care products illustrated the commercial scalability of coconut innovations. The team then visited Essar Engineers, a leading manufacturer of coconut processing machinery. The delegates observed state-of-the-art mechanical solutions for dehusking, shelling, drying, and oil extraction, underscoring the role

of engineering in enhancing productivity, hygiene, and product quality in coconut processing. On August 23, the delegation visited T&I Global, where they were welcomed by Mr. Viraj Bagaria. He presented a range of advanced processing machinery for coconut milk, Coconut Water, Virgin Coconut Oil (VCO), and desiccated coconut, including filter presses, vacuum dryers, pasteurizers, aseptic fillers, and automated nut handling systems. Of particular interest was a showcase of a 100,000 nuts/day coconut milk factory installed in Ivory Coast, demonstrating the company's global footprint. T&I Global also introduced real-time monitoring systems and data-integrated automation tools to enhance traceability and operational efficiency. These visits provided valuable learning and inspiration for the PNG delegation on industrial scale-up, machinery innovation, and market linkages, complementing the themes explored during the COCOHEALTH conference.

The 1st International COCOHEALTH Conference concluded with a strong consensus on the need for integrated strategies that combine science, technology, policy, collaboration, and community engagement to position coconut as a trusted ingredient in the global health ecosystem. The ICC remains committed to facilitating this transformation through collaboration, capacity building, and catalytic investment. *(ICC News)*

ICC SHOWCASES GLOBAL COCONUT INVESTMENT OPPORTUNITIES AT RIAU INVESTMENT FORUM

The International Coconut Community (ICC) took center stage at the Investment Forum held in Pekanbaru, Riau Province, on 19 August 2025, presenting the global potential of the coconut sector to an audience of policymakers, investors, and international stakeholders.

The Forum, inaugurated by Mr. Abdul Wahid, Governor of Riau Province, brought together hundreds of participants including government officials, business leaders, scientists, and foreign dignitaries. Among the distinguished guests were the Ambassadors of Bangladesh, Rwanda, and Mozambique, along with representatives from the Bosnia & Herzegovina and Fiji embassies in Indonesia.

Representing ICC, Mr. Alit Pirmansah, Market and Statistics Director, delivered a keynote presentation on the Global Investment Potency of the Coconut Sector, highlighting diverse opportunities in food, health, renewable energy, and sustainable materials. He was joined by Mr. Rahman Halim Novrizal, Market Assistant, reinforcing ICC's commitment to advancing investment collaboration in the coconut industry.

Mr. Pirmansah emphasized the growing global demand for coconut-based products. "The coconut sector is entering a new era where demand for sustainable, healthy, and versatile products is rising globally. By investing in coconut-based industries, stakeholders can tap into opportunities ranging from food and health products to renewable energy and green materials. This sector not only promises strong returns but also contributes to rural livelihoods and sustainable development goals," he stated.

The Forum's agenda also featured presentations from the Riau Provincial Office of One-Stop Integrated Licensing Services (DPTSP) and the Bank Indonesia Riau Province Office, underscoring the province's commitment to fostering a favorable investment climate.

The Investment Forum formed part of the wider Pacu Jalur Festival, held in Kuantan Singingi from 20–24 August 2025, which showcased Riau's cultural heritage, MSME exhibitions, and field visits to key industries, including coconut plantations and major industrial facilities.

Governor Abdul Wahid expressed optimism about the outcomes of the event. "Riau is ready to welcome investors who share our

vision of sustainable development. Through collaboration with international stakeholders, we can transform our abundant resources into long-term prosperity for our people," he said.

The active participation of ICC underscored the Forum's role as a platform not only for regional investment promotion but also for positioning the coconut sector as a strategic global investment frontier. *(ICC News)*

INTERNATIONAL COCONUT EXPERTISE STRENGTHENS COLLABORATION AT INCAFEE 2025, MANADO

The International Coconut Community (ICC) supported the International Conference on Agriculture, Food, Environment, and Energy (InCAFEE) 2025, held in hybrid format at the Sintesa Peninsula Hotel, Manado, from 6-8 August 2025. Organized by the Faculty of Agriculture at Sam Ratulangi University (UNSRAT), the conference carried the theme "Strengthening Agricultural Higher Education through Innovation and International Collaboration for Sustainable Food, Environment, and Energy."

The event opened on 6 August with a Grand Dinner that brought together key dignitaries, including officials from the UNSRAT Rector's Office, Rector Prof. Dr. Ir. Oktovian Berty Alexander Sompie, Governor of North Sulawesi Mayjen TNI (Purn) Yulius Selvanus, Dean Ir. Deddie Tooy, M.Si., Ph.D., and Dr. Sam Herodian, Special Staff to the Indonesian Minister of Agriculture.

The formal proceedings began the following morning with keynote addresses by Dr. H. Andi Amran Sulaiman, MP, Minister of Agriculture of Indonesia, and Lt. Gen. (Purn) Dr. Anton Nugroho, M.A., M.M.D.S., Rector of the Indonesia Defense University.

In his welcoming address, Ir. Deddie Tooy, M.Si., Ph.D., Dean of the Faculty of Agriculture at UNSRAT and Chair of the Organizing Committee, emphasized the value of collaborative synergy in addressing global agricultural challenges. He noted that strong partnerships between universities, research institutions, governments, and international organizations are essential for generating sustainable solutions.

Among the distinguished invited speakers were Dr. Jean-Marc Roda (CIRAD, France), Dr. Fabian M. Dayrit (Ateneo de Manila University, Philippines), Dr. Jelfina C. Alouw (Director General, ICC), Prof. Dr. Fahrul Zaman Huyop (Universiti Teknologi Malaysia), Tamara Jackson and Jeremy Badgery-Parker (University of Adelaide, Australia), and Prof. Dr. Nurul Huda (Brawijaya University, Indonesia).

Through ICC's sponsorship, two renowned scientists delivered high-impact presentations: Dr. Rajesh M.K. (ICAR-Central Plantation Crops Research Institute, India) presented "Impact of Water Stress on Coconut and Breeding for Drought Tolerance", highlighting advanced research on drought-tolerant genotypes, OMICS technologies, and genome editing for climate-smart coconuts. Dr. Fabian M. Dayrit spoke on *"Benefits from the Coconut: From Nutrition to Functional Food to Therapy"*, detailing scientific evidence on coconut's health benefits, including virgin coconut oil's role in metabolic health, immunity, and potential protection against mild COVID-19.

ICC Director General Dr. Jelfina C. Alouw addressed the plenary with a global perspective on the coconut sector, highlighting genetic resource conservation, innovations in sustainable aviation fuel, and the integration of coconut research into higher education. She reaffirmed ICC's commitment to fostering collaboration among coconut-producing nations for a more resilient future.

In addition to the conference, Dr. Rajesh, Dr. Dayrit, and Dr. Jelfina visited the Balai Perakitan dan Pengujian Tanaman Palma in Manado, where they were warmly welcomed by Dr. Steivie Karouw, STP, M.Sc and the team. ICC

expressed appreciation for the warm reception and the opportunity to observe the center's impressive tissue culture laboratory. Discussions explored potential collaboration to strengthen tissue culture systems, with the plantation site described as both "inspiring" and a valuable resource for the future of coconut breeding and propagation.

The delegation also visited UNSRAT's Faculty of Agriculture Soil Laboratory, where they were welcomed by Mrs. Wiesje J. N. Kumolontang and her team. The visitors commended the lab's ongoing research and noted similar initiatives in the Philippines and India. Discussions highlighted the importance of soil health for coconut cultivation and the promising role of coconut-based biochar as a sustainable soil amendment to enhance productivity.

ICC extends its heartfelt appreciation to UNSRAT and the local organizing committee for their exceptional hospitality. The warmth of Manado, enriched by vibrant cultural performances such as the Kabasaran dance, created an atmosphere that welcomed all delegates and strengthened the spirit of international cooperation.

By facilitating expert participation and encouraging knowledge exchange, ICC contributed to reinforcing collaborative networks that will help drive a resilient and sustainable future for the coconut sector. *(ICC News)*

THE UNROOTED SUSTAINABLE COCONUT GLOBAL EUPHORIA

The powerhouse of Asia-Pacific is the coconut. This one crop supports rural economies, nutrition, and cultural identity everywhere from the dispersed atolls of the Pacific to the expansive plantations of the Philippines. In certain Pacific countries, more than half of the atoll forests are now coconut palm plantations, and the region produces more than 80% of the world's coconuts. However, tension is evident.

The current situation is paradoxical. Coconuts have provided steady income to local communities but have created ecological and economic vulnerabilities. Ageing trees, pest outbreaks, depleted soils and volatile prices now threaten the very system that once promised resilience.

The "Sustainable Coconut" movement has become the industry's buzzword in response. It seeks to make the coconut supply chain moral, sustainable, and fair and is supported by industry associations, non-governmental organizations, and international buyers. Enhancing farmers' livelihoods, preserving the environment, and fostering climate resilience are some of the alluring goals.

Still, a lot of this zeal has no basis in reality. While large industry partnerships frequently drive global discussions, smallholder farmers in Indonesia and Solomon Islands are more concerned with harvesting, selling, and surviving. Many people view "sustainability" as a far-off concept rather than a workable framework. Money for emergencies, school fees, or food is the top priority right now.

This disconnect is structural. Most smallholder coconut farmers in the Asia–Pacific operate on razor-thin margins. Trees planted decades ago are well past peak productivity. Replanting means years without income, a luxury few can afford. Traders, often the only buyers, set low farm-gate prices. Export margins rarely trickle down to the people who do the hardest work.

Under such constraints, sustainability standards can feel irrelevant or even exclusionary. Certification costs money, requires paperwork, and assumes access to stable buyers. Without interventions that address poverty directly, the sustainable coconut movement risks becoming just another label that changes little on the ground.

It is tempting to see coconuts as inherently "green". Unlike oil palm or cocoa, coconut farming has not driven large-scale tropical

deforestation. But monoculture has still degraded biodiversity, particularly in the Pacific's atolls and coastal zones. Soil health is declining, pests spread more easily and extreme weather events – intensified by climate change – threaten harvests. A credible sustainability agenda must tackle both the ecological and socio-economic risks of the current system.

Here, the palm oil sector provides a flawed but useful illustration. The Roundtable on Sustainable Palm Oil (RSPO) was established by the industry in response to sustainability concerns. This system has drawbacks, including uneven advantages, loopholes, and inconsistent enforcement. However, it did include sustainability into procurement strategies and establish global standards for traceability. Above all, it changed the discourse from one of voluntary branding to one of regulated norms.

That leap has not yet been made by the coconut sector. The majority of coconuts are still traded through unofficial, opaque networks, despite claims of traceability made by multinational brands. Most smallholders are still not visible in the system. "Sustainable Coconut" needs to combine market incentives, capacity building at the farmer level, and policy changes that acknowledge the crop's strategic importance in national economies if it is to go beyond aspiration.

That means starting with farmer realities, not consumer expectations. Co-funding replanting programs is essential: without young, high-yielding trees, productivity will keep falling. Supporting farmer cooperatives can improve bargaining power and reduce dependence on middlemen. And in the Pacific Islands – where production is scattered across thousands of kilometres of ocean – approaches must be adapted to local geography, culture and infrastructure.

The sustainability conversation must also widen beyond exports. Regional and domestic markets consume large shares of coconut production, yet they are often ignored in global debates. Encouraging sustainable practices for local consumption – through integrated intercropping, community-owned processing facilities and price stabilisation mechanisms – could deliver more immediate benefits than pursuing niche foreign buyers.

Crucially, the flow of value in the coconut trade must be rebalanced. At present, most profits are captured downstream, in processing, branding and retail. Farmers bear the production risks but capture little of the reward. Unless sustainability initiatives address this inequity, they will remain exercises in image management rather than tools for genuine development.

In addition to corporate sustainability officers, sustainable coconut needs inclusive leadership from community leaders, local cooperatives, and farmer representatives who can balance environmental objectives with economic survival. Additionally, it takes time because changing a tree-crop economy is evaluated by planting cycles rather than quarterly reports.

Because of its capacity to produce food, shelter, and revenue, the coconut palm is referred to as the "tree of life" in the region. However, deep roots are necessary for even the most resilient trees to survive storms. Sustainable coconut is currently more canopy than root; it is a concept that is thriving in global markets but is not firmly established in the soil of farmer livelihoods.

If the movement is to endure, it must move from the unrooted euphoria of branding to the grounded work of system change. Sustainability must become not just a story told to consumers, but a lived reality for the communities who have cultivated these palms for generations.

The applause of distant consumers is fleeting. The prosperity of farmers is lasting. The choice for the coconut sector is clear: chase the former, or invest in the latter. *(Lowy Institute)*

FARMERS CAN RECEIVE TRAINING AT SASTRA UNIVERSITY IN THE PROCESSING AND EXPORTING OF TENDER COCONUTS.

On August 16, a training on the preparation and export of tender coconuts was conducted at SASTRA, which is considered a university.

A statement from SASTRA stated that the Union Ministry of Heavy Industries was the sponsor of the training program. The one-day workshop covered "Processing and Exporting Tender Coconuts" and "Value Added Products Using Coconuts," and it was attended by coconut producers and exporters.

The training was conducted by K. S. Rajan, Dean of the Faculty of Chemical and Bio-Technology, using an indigenous tender coconut processing machine that SASTRA conceived and constructed. This machine decreases the weight of the tender coconut by 30%, saving sellers money on transportation and extending its shelf life.

The Thanjavur District's Joint Director of Agriculture, Vidya, asked farmers to use this training program to add value to the crops. According to the announcement by Sudha, Deputy Director, Agriculture, Thanjavur, there are many Central and State government programs for coconut farming, processing, and marketing, which farmers can benefit from. *(The Hindu)*

THE SRI LANKAN COCONUT RECOVERED WELL IN JUNE 2025, SURPASSING THE PREVIOUS YEAR'S LEVEL

According to data from the government, Sri Lanka's coconut production recovered well in the second quarter of 2025, with June production increasing 18% from the previous year to 289.5 million nuts.

In May 2025, 257.5 million coconuts were produced, a 1.2 percent decrease from the previous year.

In April 2025, coconut production decreased 6.2% compared to the previous year.

Among other factors, anomalous weather and disease may have contributed to the second-quarter 2025 collapse in Sri Lanka's coconut production, as well as that of numerous Southeast Asian nations.

In January 2025, Sri Lankan coconut prices soared 18.32%, setting a new weekly auction record, according to data from the Coconut Development Authority.

Currently, however, prices at the weekly auctions have decreased to about 134 rupees per coconut. *(EconomyNext)*

WHEN EARTH IS SCORCHED BY WATER

More than just a crop, coconut trees are revered in villages throughout the verdant Godavari delta, they are sacred and their cultivation is the backbone of rural economies. The coconut tree, which towers over backyards, groves, country roads, and canal banks, is an essential part of the local rural economy. It sustains hundreds of thousands of people in at least 15 different occupations, ranging from farmers and traders to coir producers and oil extractors.

Coconut trees are grown on more than 54,000 hectares in the "Konaseema" region of the Central Godavari Delta. According to a 2022 study by the Coconut Development Board, Andhra Pradesh produced the most coconuts in India, with 15,964 fruits per hectare.

However, the crucial trees are dying by the thousands in nine villages scattered throughout the Dr. B. R. Ambedkar Konaseema district's Malkipuram and Maamidikuduru mandals. The cause is that a sizable natural drain that the locals formerly regarded as a lifeline is now contaminating coconut fields with salty water, killing the trees and causing the fertile delta soil to become barren.

Originating in Sakhinetiapalli mandal, the 22.7-km Shankaraguptam freshwater drain snakes through Malkipuram mandal before meeting Vynateya branch of the Godavari river at Karavaka in Maamidikuduru mandal of the district. It is fed by numerous stormwater drains and the excess water let out from agricultural fields.

In order to irrigate their plantations, coconut farmers in the villages along the drain have excavated channels throughout time. Up until 2017, when it was dredged for 8.5 km to Kesanapalli from the site of its confluence with the river branch, the arrangement proved effective for them. By 2013, 6.3 km of the canal had been dredged from its original location, leaving a 7.9-km length between these two sections unaltered. This disrupted the natural flow of the drain, allowing the saline backwaters from the Vynateya branch's confluence point to seep deeply into the drain.

The dredging was part of a regular activity to desilt the drain that was left unfinished by the Water Resources Department's Godavari Delta System wing.

"By 2019, the drain's water had become saline, and within six years, coconut groves spread over 500 acres have died in Kesanapalli panchayat alone. That's nearly 5,000 trees grown by 150 farmers, says Yenumala Nagu, the sarpanch of Kesanapalli panchayat, which has a population of 4,600. Nagu's own six-acre coconut grove, which his late father had grown with 600 saplings in the early 1990s, has perished. "I have a coconut nursery on 2.5 acres, but the saplings have become stunted," he says.

These plantations were all between 30 and 40 years old, and each tree produced 220 fruits a year, according to the Coconut Development Board. According to some estimates, tall coconut trees typically live for 80 years.

Sankaraguptam, Padamaatpalem, Tooruppalem Gollapalem, Katrenipadu Lanka, Gudapalli, G. Pallipalem, and G. Gubbalapalem in the Malkipuram mandals, as well as Sakhinetipalli and Maamidikuduru, are the other eight villages affected by the phenomena. Coconuts are the most significant crop in many villages, and agriculture is the backbone of their whole economy.

Retired IAS officer Deva Vara Prasad says an estimated one lakh coconut trees have died along the Sankaraguptam drain over the past six years. "Stagnation of the drain water in nearby fields has affected paddy cultivation as well, with acreage shrinking from 14,000 to barely 3,400 in Razole assembly constituency over the same period."

Furthermore, other than brackish water aquaculture, no other crop may be grown on the impacted paddy area. However, the Central Institute of Brackishwater Aquaculture (CIBA) reported in 2015 that the "White Spot" disease is present in the Krishna and Godavari regions, affecting the only species that is advised for the region: L. Vennamei shrimp.

D. Srinivas owned a 40-year-old coconut plantation on 2.5 acres at Gollapalem panchayat, just three kilometers from the drain's junction with the river. "On two acres, every tree has died. The 35-year-old claims that the remaining 70 trees are likewise ill and might not make it.

Today, Srinivas earns a living as a trader, sourcing coconuts from nearby regions and reselling them to customers around the state. He is among the 150 small farmers whose groves have been destroyed by the salty water of the canal.

When farmers started noticing their trees' premature deaths in 2019, the phenomenon became apparent. The district government and the Horticulture Research Institute (ICAR-HRS) in Ambajipeta were then notified.

An eight-person interdepartmental team of experts, comprising representatives from the Groundwater Department, A.P. Pollution Control

Board, and HRS-Ambajipeta, began looking into the issue in 2022. The Water Resources Department's Kakinada Minor Irrigation Wing served as its leader.

Soil and water tests revealed a high concentration of chlorides, fluorides and sulphates in samples collected from the affected groves. "Hence, backwaters with a high salt concentration were found to be the cause of death of the coconut palms," concluded the team, which comprised experts in soil science, plant pathology, entomology, groundwater and environment. The team later submitted a report to the Agriculture Department.

In 2023, another investigation was launched by Dr. Y. S. R. Horticulture University. Led by Director of Research L. Naram Naidu, the university team studied the phenomenon on 45 acres of coconut groves. Their report, submitted to the Coconut Development Board, reads: "The backwaters of Shankaraguptam drain have been entering and stagnating in the coconut plantations subsequent to the dredging operations. The coconut plantations are waterlogged for over a week every month. The backwater ingression is causing a high salt concentration in the soil."

Additionally, the research stated that the trees' growth was being stunted by the saline water. Interestingly, both studies recommended dredging the drain's remaining section as a remedy. They reasoned that the procedure would stop backwater intrusion and restore the drain's normal flow.

Early attempts at mitigation fail

The officials of the Dowleswaram Irrigation Circle had proposed to the previous government in 2019 to finish dredging, however the plan was unsuccessful.

"We recently submitted a fresh proposal with a cost estimation of ₹10 crore to dredge the pending distance. It is under scrutiny for financial clearance," says Nagarjuna, Razole Drainage Sub-Division Deputy Executive Engineer (Dowleswaram Irrigation System).

However, according to one of the farmers speaking on condition of anonymity, when a group of coconut farmers from the Central Godavari Delta met with Minister for Water Resources Nimmala Rama Naidu on August 10 to ask for his help in this matter, the Minister cited a lack of funding to expedite the dredging.

The foundation of culture and life

Nearly six kilometers from the drain's confluence, in Shankaraguptam village, the 1992 Telugu film Chanti, which won an award, was filmed. The canal's verdant coconut groves are depicted in the Venkatesh-Meena film. However, the coconut grove depicted in the movie is now extinct, perhaps as a result of the saline water issue. This grove is surrounded by numerous historic homes that are remnants of a wealthier time.

Coconut cultivation and processing, however, continue to support a large number of people in the delta. The occupations include climber, trader, peeler, grader, porter, copra trader, husk processor, coir maker and oil extractor. A large number of these workers are women. The fruit is central to a number of customs and rituals of the villagers as well.

Srinivas says he recently procured 10,000 coconuts from villages in Malkipuram and Sakhinetipalli mandals. "Not even one was suitable for use in our traditional weddings," he adds. It is customary in the Godavari Delta for the bride to turn up for the wedding with a spotless green coconut in her hands as a mark of prosperity in married life.

"Now, wedding photographers paint the coconuts green as it is difficult to find a well-developed coconut, says Anji, a coconut grove owner who has now resorted to aquaculture in Malkipuram mandal.

The wound is salted

Additionally, the groundwater in each of the nine villages has turned salty. According to coconut peeler Achanta Satyanarayana, "We will not drink the water from hand pumps." Nowadays, the majority of them spend a significant portion of their little wages on clean water.

By 2027, 60,000 residents in the Razole assembly seat will have access to clean drinking water thanks to a 350-kilometer pipeline, according to MLA Deva Vara Prasad.

Kesanapalli Sarpanch Nagu remarks, "Surface water is killing coconut trees and groundwater is not potable," while pointing to a dead coconut tree. My village will be deserted in a few years since we might have to relocate. *(The Hindu)*

TRADE NEWS

INDUSTRY PERSPECTIVE

Prices of vegetable oils were generally softer during the week.

The coconut oil market in Rotterdam was still quiet. Though buyers were present in the market for the nearby positions, bids were substantially below offers. Sellers started the week with easier offers at $2,470.00-2,632.50/MT CIF for positions from August/September through to February/March 2026. Thereafter, prices stayed mostly lower succumbing to palm oil weakness but eventually bounced back up at the close taking cue from other markets. By then levels were $2,460-2,601.75/MT CIF.

The palm kernel oil market resumed dullness after two consecutive weeks of active dealings. Offers likewise opened weaker at $1,935-2,140/MT CIF for positions from August/September through to October/November. Levels after that showed nearby positions weaker and forward stronger but eventually all positions closed in the downside at $1,910-1,950.

The price premium of coconut oil over palm kernel oil showed mixed trends from last week but the weekly average improved to $625.03/MT from $425.15 of the preceding week but still behind from $941.64 fortnight ago. The price premium per position are shown as follows: August/September $589.40 ($635.20 last week); September/October $657.95 ($679.70); October/November $627.75 ($603.00); November/December no data ($102.00); December/January 2026 no data ($106.00).

At the CBOT soya complex market, soybean futures showed weakness earlier on estimates of large US harvest and limited export opportunities from China which continued to buy from South America for supplies. By the middle of the week, however, the market rebounded sparked by short covering and technical buying and ended the week in the positive zone on forecasts calling for drier weather into early September which could affect production potential.

At the palm oil section, the market started and ended the week in the upside. Earlier bullishness was tied to strong export estimates for the first half of August. According to cargo surveyors, Malaysian palm oil exports for the period rose 16.5-21.3% from the same time a month ago. This same factor helped reverse the downward trend by the week's close as players refocused on the strong export performance. Recovery in soybean oil added to the positive market sentiment. On the other hand, the bearish elements that weighed on the market included profit taking from earlier highs, earlier weakness in CBOT soybean oil, and fears sharp price increases may meet buyers' resistance thus dampen demand.

Prices of tropical oils for the nearest forward shipment dropped this week altogether, with the lauric oils showing heavy losses. Coconut oil slumped $106.25 from $2,697.20 a week ago to $2,590.95/MT CIF presently,

palm kernel oil plunged $129.00 from $2,062 to $1,933/MT CIF, while palm oil shed by a modest $6.00 from $1,274 to $1,268/MT CIF. Consequently, the price premium of coconut oil over palm kernel oil increased from $635.20 a week earlier to $657.95/MT in the current week. The spread, however, narrowed against palm oil from $1,423.20 to $1,322.95/MT. *(UCAP Bulletin)*

MARKET ROUND-UP OF COCONUT OIL

In Rotterdam, the coconut oil market continued quiet and bearish. The market closed with sellers quoting $2,720 for July/August; $2,601.75 for August/September; $2,576.75 for September/October; $2,553.50 for October/November; $2,538.50 for November/December; $2,520 for December/January 2026; $2,490 for January/February; and $2,460/MT CIF for February/March. Buyers showed interest in August/September with asking levels at $2,400/MT CIF at the close. Other positions were neglected. *(UCAP Bulletin)*

INCREASING DEMAND AND DECREASING OUTPUT MAKE COCONUT OIL A STAPLE OF LUXURY

As a result of supply problems and a surge in demand for the nutrient-rich water it contains, the price of coconut oil is rising throughout Asia, with top users like India leading the way with a threefold increase in only two years.

Price-conscious consumers are finding it tougher to obtain edible oil, and those who are used to its unique flavor—which is deeply embedded in local cuisine—will have to look harder for substitutes.

"I will switch to the more affordable refined sunflower oil for everyday cooking and save coconut oil for dishes where its flavour is absolutely irreplaceable," said Leelamma Cherian, who lives in India's southern state of Kerala.

Output interruptions throughout major producer nations from India to Southeast Asia, brought on by seasons of decreased rainfall, prolonged heat, and increased pest and disease devastation, triggered the price surge that occurred in the second half of 2024.

In less than two years, prices in India have almost quadrupled to a record 423,000 rupees ($4,840) per metric ton, while worldwide prices have risen to an all-time high of $2,990 per ton within the same time frame.

A group of producer nations, the International Coconut Community (ICC), says growing demand in the face of production limits will keep second-half global prices in the range of $2,500 to $2,700, well over the 2023 figure of about $1,000.

Coconut oil supplies usually improve in Southeast Asia in the second half, and new season output will help ease prices off records, said a Singapore-based vegetable oil trader.

"Still, prices probably won't drop below $2,000 anytime soon," he said.

A fall below $1,800 a ton in the next two years was unlikely, he added, pointing to the neglect of plantations and unfavorable weather in recent years as factors likely to delay a broader production recovery, especially at a time when supplies of other similar lauric oils are tight.

"While prices are expected to ease gradually, the current rally is likely to establish a new normal."

The price surge also affects unripe green coconuts harvested for their electrolyte-laden water, and products such as copra, milk, and powder, while squeezing makers of shampoo and skincare items, who prize the oil for its high content of lauric acid.

Squeeze of Supply

According to Dorab Mistry, a director of the Indian consumer products giant Godrej International, the world's production of coconut

oil is declining as trees age, replanting is insufficient, and plantations struggle with a lack of superior seed kinds.

According to the U.S. agricultural department, global coconut oil production was 3.67 million tons in 2024–2025 and has not increased over the previous three decades, with the exception of small annual fluctuations.

Both extremes of the weather's increasing swing from hot, dry spells to unexpected, heavy rainfall disrupt coconut production, said Joe Ling, executive director of Malaysia's Linaco Group, a leading supplier.

These days, at least one producing country is affected - if dry weather is not curtailing output in Indonesia or Malaysia, it is highly likely that typhoons are disrupting production in the Philippines, or vice versa, Ling said.

According to a Mumbai-based trader at a multinational trading company who requested anonymity in accordance with business policy, yields decreased in 2023 as the El Niño weather phenomena brought above-average temperatures and below-average precipitation to important growing regions.Due to the fact that coconuts usually take about a year to mature after flowering, the shortfall was only noticeable in 2024.

The COVID-19 pandemic further hampered coconut production after years of underinvestment due to low pricing, since lockdowns caused a decline in both demand and prices.

Just as demand started to rebound when social media influencers raised awareness of the health advantages of coconut water, this in turn caused farmers to neglect their crops, which resulted in decreased yields.

Higher demand for the water prompted farmers to harvest coconuts earlier and further narrowed the supply of mature nuts used to make oil and copra.

Even at higher prices, the perceived health benefits continue to fuel demand for coconut food products, said Ling of Linaco Group.

The rally has led his company to raise prices almost monthly and maintain supplies despite upsetting customers, Ling added.

Coconut oil's premium over rival palm kernel oil, also primarily produced in Asia, has surged to a record $1,000 per ton, up from the usual $100 to $200. Palm kernel oil prices have also risen, climbing 30% this year.

Any major shift away from coconut oil could drive up prices of alternatives, including palm kernel oil for industry and palm, soy, and sunflower oils for households.

Worldwide Demand

Although copra, coconut cream, and milk are in high demand in Britain, China, Europe, Malaysia, the United States, and the United Arab Emirates, coconut oil is popular in Asia.

According to Amrizal Idroes, vice chairman of the Indonesian Coconut Processing Industry Association, Indonesian farmers are increasingly shipping whole coconuts rather than extracting oil in order to take advantage of the growing demand.

According to government data, shipments of products like desiccated coconut and endocarp coconut increased by 58% yearly between January and June, whereas Indonesia's exports of coconut oil decreased by 15% during that same period.

Shortages have spurred calls for changes to trade policies that make more oil available at home.

In Indonesia, the Association urged suspension of coconut exports for six to 12 months to stabilize prices, while in India, the Solvent Extractors' Association asked New Delhi to allow imports of coconut oil and copra.

Coconut oil imports are strictly regulated in India, where traders must apply for permission from state trading companies and pay a tariff of over 100%, which makes them costly.

With high demand for seedlings this year depleting most nurseries' supply, higher prices have encouraged farmers to increase planting, according to a state-run Coconut Development Board official in India who asked not to be named.

However, it takes four or five years for new plantations to produce, so there is little chance that prices will drop rapidly. *(The Hindu Business Line)*

COCONUT DOWNSTREAM INDUSTRY IN INDONESIA IS BOOSTED BY CHINESE INVESTMENT

A new phase of economic cooperation between Indonesia and China in the downstream coconut industry has begun with a number of Chinese companies investing in Indonesian coconut derivative processing facilities.

Rosan Roeslani, Indonesia's Minister of Investment and Downstream Industry, had earlier declared that a Chinese company will invest a total of $100 million to construct a number of coconut processing facilities in several Indonesian towns.

We previously exported unprocessed coconuts to China, but now they will be processed here," Roeslani said in Jakarta recently.

Investment in Indonesia's coconut downstream sector is still comparatively low, according to Eliza Mardian, an agricultural researcher at the Center of Reform on Economics Indonesia, who spoke to Xinhua. The nation still exports a lot of whole coconuts or coconuts that have been dried and shredded.

Between January and May 2025, Indonesia exported 204,400 tons of coconuts to China, increasing 47% from the same period the previous year, according to data from Statistics Indonesia. Whole round coconuts as well as dried and shredded coconuts are shipped.

In China, processed products made from coconuts are becoming more and more popular, especially as beverage ingredients. This pattern might be one of the factors driving Chinese companies' growing interest in investing in Indonesia's coconut sector.

One example is Luckin Coffee, a leading Chinese coffee chain known for its popular coconut-infused latte. As demand surged, Luckin Coffee in March formed an exclusive partnership with Banggai Kepulauan regency government in Central Sulawesi to secure coconut supplies.

Prior to this, in late December 2024, a strategic partnership with the local government allowed another Chinese company from Zhejiang province to invest in coconut plantations in Banggai Kepulauan regency.

According to Mardian, if plants for processing concentrate on creating a variety of derivative products including coconut milk, coconut oil, and coconut flour, Chinese investment might greatly accelerate the expansion of Indonesia's domestic coconut industry.

"If this investment creates strong downstream linkages, it will generate a substantial multiplier effect for the Indonesian economy, including job creation," Mardian said. *(Xinhua)*

OTHER VEGEOIL NEWS

A 3-YEAR AGREEMENT FOR FOOD SECURITY THROUGH SUSTAINABLE PALM OIL TRADE IS SIGNED BETWEEN INDONESIA AND INDIA

According to the Free Press Journal, a three-year agreement has been reached between the Indonesian Palm Oil Association (GAPKI) and

the Indian Vegetable Oil Producers' Association (IVPA) to strengthen commercial connections and guarantee food security.

According to the July 25 report, the memorandum of understanding (MoU), which was signed on July 24, aimed to improve cooperation in the palm oil industry, which served as the foundation for the edible oil trade between the two countries.

According to the Solvent Extractors' Association of India (SEA), Indonesia has been India's top supplier of palm oil for more than ten years, and the country imports more than 60% of its edible oil needs.

According to the Free Press Journal, the agreement focused on stable supply chains and sustainable practices, with five main areas of cooperation: market intelligence sharing, policy coordination, sustainability initiatives, technical exchange and research & development, and food security measures.

According to the report, both associations would prioritize the promotion of certified sustainable palm oil (CSPO) while incorporating smallholder farmers into the value chain.

"We look forward to advancing India's food security and climate goals through a reliable, responsibly sourced palm oil supply," GAPKI head of foreign affairs Fadhil Hasan said.

"While challenges like smallholder compliance remain, this partnership will drive innovation and inclusive policies for a resilient supply chain."

GAPKI chairman Eddy Martono highlighted the strong bilateral trade relationship between the countries.

"In 2024, our bilateral trade reached US$26bn, including US$20.3bn in exports from Indonesia to India and US$5.7bn in imports from India, leading to a trade surplus of US$14.6bn in Indonesia's favour," he said.

Palm oil and its derivatives accounted for US$4.4bn of that total, Martono added. *(Oils & Fats International)*

THE GOVERNMENT BELIEVES THAT INDONESIAN PALM OIL HAS A BRIGHT FUTURE IN EUROPE

Djatmiko Bris Witjaksono, the Ministry of Trade's Director General of International Trade Negotiations, was optimistic about Indonesia's prospects of exporting palm oil to the European market. He stated that prospects for Indonesian palm oil to be recognized as a sustainable commodity are made possible by the European Union's commitment to economic cooperation through the Indonesia-EU Comprehensive Economic Partnership Agreement (IEU-CEPA).

Djatmiko claims that this recognition is a calculated move to lessen the unfavorable perception of domestic palm oil products, which has been a hindrance in the Commerce and Industry office's global marketing.

He added that Indonesia's palm oil market in Europe is increasingly open and has the potential to significantly increase exports. "We hope that this can also double the performance of palm oil exports and their derivatives. So, palm oil, including CPO, PKO, and other derivatives, can all double to the European market," he said.

The two primary derivatives of palm oil that are extensively utilized in the culinary, cosmetic, and energy sectors are CPO (Crude Palm Oil) and PKO (Palm Kernel Oil). These two goods' exports to the EU have frequently been hampered by sustainability and environmental concerns. The government anticipates that the national palm oil industry will contribute more to the global sustainable supply chain as a result of the IEU-CEPA cooperation.

As part of the IEU-CEPA final stage agreement, Indonesian CPO will be eligible for duty-free

or zero percent tariff entry into Europe for up to one million tons, according to previous statements made by Coordinating Minister for the Economy Airlangga Hartarto.

"I think, for Indonesia, in this agreement, we have agreed on two commodities, namely CPO and palm kernel oil (PKO). We have agreed on quotas, where for CPO it is around 1 million tons and PKO depends on the exports to the European Union last year," said Airlangga.

Airlangga added that the IEU-CEPA agreement is expected to be signed in September 2025, when the European Union Commissioner, Maros Sefcovic, visits Jakarta. "I spoke with Commissioner Maros Sefcovic, who plans to come to Jakarta in September to sign the document," said Airlangga.

He ensured that all of the agreement's provisions would take effect in 2026, including the tariff exemption for approximately 80 percent of Indonesian exports to Europe. "IEU-CEPA will be effective, hopefully it can be accelerated next year," said Airlangga. *(Tempo)*

REGULATIONS FOR LOCALLY SOLD EDIBLE VEGETABLE OILS ARE BEING PROPOSED IN SOUTH AFRICA

According to a report by the US Department of Agriculture, the Ministry of Agriculture in South Africa has put forth a draft regulation on the grading, packaging, and branding of edible vegetable oils sold domestically. Edible vegetable oils packaged in retail containers are covered by the draft regulation; edible oil meant for use as a manufacturing ingredient is not.

The proposed regulation lays out the product labeling standard, specifying standards for labeling vegetable oils for both single and blended oils, in addition to quality requirements for the containers used to package edible vegetable oils. According to USDA, the regulations were designed to guarantee uniformity and openness in the labeling and packaging of edible vegetable oils meant for retail sales.

The regulation also set out chemical testing requirements to verify product composition and quality factors for the following oils: arachis oil, babassu oil, coconut oil, cottonseed oil, grapeseed oil, maize/corn oil, mustard seed oil, olive oil, olive-pomace oil, palm kernel oil, palm kernel olein, palm kernel stearin, palm oil, palm olein, palm stearin, palm super olein, rapeseed oil, rice bran oil, safflowerseed oil, sesame seed oil, soyabean oil and sunflowerseed oil. *(UCAP Bulletin)*

HEALTH NEWS

IS IT REALLY BENEFIC TO DRINK COCONUT WATER? EXPLAINED: BENEFITS AND RISKS

In the US, coconut water has emerged as one of the most popular beverages. It can be found in yoga studios, gyms, and even the "healthy beverages" section of your neighborhood grocery store. Often referred to as a "miracle hydrator," it is marketed as an electrolyte-rich natural sports drink.

The truth is that although coconut water has some true health benefits, it's not flawless, and excessive consumption can actually lead to issues.

The advantages of coconut water

1. Electrolyte-based natural hydration
The answer to the question, "Is coconut water good for hydration?" is "yes." Electrolytes like potassium, sodium, and magnesium are found naturally in coconut water. It is therefore well-liked by runners, athletes, and everyone else who is perspiring in hot conditions.

Research shows coconut water works just as well as sports drinks for keeping you hydrated. Some studies even suggest it might feel easier on the stomach during long workouts.

2. Promotes blood pressure and heart health
First off, coconut water has a lot of potassium, which helps your body balance its sodium levels. This can help those with mildly elevated blood pressure. Coconut water has been linked in a few small studies to improved circulation, decreased LDL (or "bad") cholesterol, and increased HDL (or "good") cholesterol.

3. Could help with antioxidants and blood sugar
According to research on animals, coconut water may help regulate blood sugar levels and lessen the harm caused by diabetes. Additionally, it has antioxidants to help combat free radicals, which can harm cells.

That said, human research is still limited. If you have diabetes, coconut water isn't a magic cure, but choosing unsweetened coconut water over soda or juice is a healthier option.

4. Preventing kidney stones
By promoting the excretion of potassium, citrate, and chloride, coconut water may help lower the incidence of kidney stones, according to some research. In essence, it might aid in your body's removal of minerals that could accumulate into stones.

A moderate amount of coconut water might be a kidney-friendly option if you don't have kidney problems.

5. Immune and digestive support
Small levels of enzymes found in coconut water may aid with digestion. Additionally, it has lauric acid and vitamin C, which may boost immunity. Although the impacts are minor, every little bit makes a difference.

Who should drink coconut water?

Coconut water is great for:
- Healthy adults looking for a refreshing, low-calorie drink
- Athletes or anyone sweating a lot
- People needing a mild potassium boost

What is the safe amount of coconut water?
One cup, or roughly eight ounces, a couple times a week is more than plenty for the majority of healthy persons. Just don't expect miracles if you drink gallons of it every day. Consider it an addition to your hydration regimen rather than a substitute for traditional water.

So, is coconut water good for you? Yes, when enjoyed in moderation. It's refreshing, naturally hydrating, and comes with some real health benefits like supporting hydration, heart health, and possibly kidney stone prevention. But it's not a super-drink, and too much can actually be harmful.

Enjoy coconut water as part of a balanced diet, but don't rely on it to fix health problems. *(The Times of India)*

5 AMAZING ADVANTAGES OF COCONUT

Commonly utilized for its water, milk, oil, and delicious meat, coconuts are the fruit of the coconut palm (*Cocos nucifera*).

The most common fruit tree in the world is the coconut tree. They grow naturally in more than 200 nations and are native to Southeast Asia and the islands that lie between the Indian and Pacific oceans.

Coconuts are now grown in more than 90 countries and are becoming more and more well-liked due to their taste, culinary applications, and numerous possible health advantages.

This article will explore five potential benefits of coconuts and suggest some simple ways to add them to your diet.

Types of coconut products
Several different types of coconut products are derived from the coconut. Each may have certain uses and provide slightly different benefits.

The most common types include:

Raw meat: The kernel is the raw white meat found inside coconuts. It tastes wonderful

and slightly sweet, and it has a firm texture. You can consume the raw meat by scraping it out of the shell if you have a whole coconut. It is typically sliced, shaved, or grated in its processed state.

Water: Coconut water is the liquid found in a young, unripe coconut. Unlike other forms of coconut, it's quite low in fat, containing around 95% water.

Thick liquids: Coconut milk and cream are made by pressing the raw, grated meat of a mature coconut.

Coconut oil: The oil is also extracted from the meat and can be used for cooking in place of other vegetable oils.

Dried: Dried coconut meat is usually grated or shaved and used in cooking or baking. It can be further processed and ground into coconut flour.

1. Highly nutritious
Coconuts are primarily a fat fruit, in contrast to many other fruits that are strong in carbohydrates. Protein, a number of vital minerals, and trace levels of B vitamins are also present.

These are the nutritional values for dried, unsweetened coconut meat and 3.5 ounces (100 grams[g]) of raw coconut meat.

	Raw	Dried, unsweetened
Calories	354	660
Protein	3 g	7 g
Carbs	15 g	24 g
Fiber	9 g	16 g
Fat	33.5 g	64.5 g
Manganese	65% of the Daily Value (DV)	119% of the DV
Copper	48% of the DV	88% of the DV
Selenium	18% of the DV	34% of the DV
Magnesium	8% of the DV	21% of the DV
Phosphorus	9% of the DV	17% of the DV
Iron	14% of the DV	18% of the DV
Potassium	8% of the DV	12% of the DV

The minerals in coconut are involved in many functions in your body.

Manganese, for example, is particularly abundant in coconuts and is necessary for bone health as well as the metabolism of proteins, carbs, and cholesterol.

They are also high in selenium, a vital antioxidant that protects your cells, and copper and iron, both of which help in the formation of red blood cells.

Most of the fat in coconut is in the form of medium-chain triglycerides (MCTs). These are metabolized differently from other fats in your body. Your body absorbs MCTs directly from the small intestine and uses them for energy.

2. Antibacterial effects
Some research suggests that coconut oil may help block the growth of certain bacterial strains, but more research involving humans is needed.

A 2025 study found that *Staphylococcus aureus* was much more susceptible to coconut oil than *Escherichia coli*. The researchers believe that coconut oil's antibacterial effects may be due to its lauric acid components.

Some research found that lauric acid may help protect against several other types of bacteria and viruses, including:

- Helicobacter pylori
- Streptococcus pyogenes
- Streptococcus mutans

Last but not least, a 2018 test-tube study showed that an emulsion made of coconut oil and water was efficient against two bacterial types linked to foodborne illness: Escherichia coli and Staphylococcus epidermidis.

Despite these results, additional research is required to fully understand the benefits of coconut, including its type, application or ingestion technique, and dosage.

3. Could improve blood sugar control
Because of their high fiber and fat content and low carbohydrate content, coconuts may help control blood sugar.

According to a 2020 case study, taking coconut oil supplements helped a person with diabetes, a disorder marked by unstable blood sugar levels, lower their blood sugar levels. The antioxidant content and anti-inflammatory qualities of coconuts may be the cause of these effects, according to the study.

A 2024 animal study also found that consuming coconut water after eating could help manage blood sugar levels. This could be due to bioactive compounds like ellagic acid, butin, and quercetin, among others.

Another 2021 study in 48 people with metabolic syndrome found that replacing other fats in the diet with virgin coconut oil improved triglyceride levels and reduced fasting blood sugar after 4 weeks compared to a control group.

In addition to slowing digestion, the high fiber content of coconut meat may help improve insulin resistance, which in turn may help control blood sugar levels.

Nonetheless, there is conflicting data regarding the effects of coconut's blood management regulation.

According to a 2022 review, for example, coconut oil may actually increase blood sugar levels after meals by lowering insulin levels. This could raise the chance of complications from diabetes in the long run.

Therefore, additional study is required to fully comprehend how coconut affects blood sugar.

4. Contains powerful antioxidants
Coconut meat, water, and oil are high in phenolic compounds. These antioxidants may help protect cells from free radicals, which are unstable molecules that can cause oxidative damage and increase the risk of chronic disease.

The main phenolic compounds identified in coconut meat include:

- gallic acid
- caffeic acid
- salicylic acid
- p-coumaric acid

Along with protecting the body from oxidative damage and chronic diseases, the antioxidants in coconuts may also play a role in skin health.

According to a 2024 review, the antioxidants in coconut oil have antimicrobial and anti-inflammatory properties that may help:

- promote wound healing
- reduce inflammation
- maintain skin moisture
- support skin barrier function
- protect the skin from external substances

Altogether, these could help manage skin conditions like atopic dermatitis.

Some research also suggests that coconut water contains several bioactive, antioxidant metabolites that may help protect human dermal fibroblasts. These cells are found in the protective layer of your skin and play a role in the health and appearance of your skin.

Lastly, a 2018 test-tube study also found that certain antioxidants in coconut could help protect against DNA damage.

5. Adding to your diet is simple
Coconut gives savory foods a pleasant flavor. Its flavor and meaty texture complement

rice dishes, fish stews, curries, and even breaded shrimp.

For baking, sautéing, or roasting, coconut oil is a tasty, heat-stable fat that may be substituted for other oils.

In baking, coconut flour can be used in place of wheat flour. It is suitable for people following a low-carb or paleo diet, as well as those with specific food allergies, because it is free of gluten and nuts.

As such, it's important to read the ingredient label carefully. *(Healthline)*

COCONUT RECIPE

LAVENDER COCONUT ICE CREAM

Living in the cooler Pacific Northwest, summertime is the only time of year that I crave ice cream. But, when I have a craving, it hits hard. Luckily there are a variety of wonderful local ice cream shops that feature vegan ice cream, but I still find these versions to be a bit too heavy and sugary. So I decided it was time to create my own "lighter" option that still tasted just as decadent and sweet as any other. And, you don't even need an ice cream maker to enjoy this one! For my ice cream, I used frozen bananas with a little coconut milk for the base. You can use either coconut milk beverage or canned coconut milk, but if you want a creamier version opt for the full-fat canned coconut milk. This ice cream can be made using a standard food processor and you won't need any other special equipment. The bananas add a wonderful sweetness so I didn't add any extra sweeteners in mine, but you can easily add some agave nectar, maple syrup, or another sweetener of your choice if desired.

Ingredients

- 1 cup coconut milk beverage or canned coconut milk
- 1 - 2 tablespoons edible lavender flowers (depending on how strong you want the flavor)
- 2 bananas, peeled, chopped & frozen
- natural sweetener to taste, if desired

How to prepare

1. Add coconut milk and lavender to a small saucepan and bring to a boil. Remove from heat and stir thoroughly. Let steep, covered, for 20 - 25 minutes.
2. Strain mixture, reserving milk and discarding lavender. Pour into a freezer-safe container and freeze for several hours or overnight.
3. Once frozen, break apart the frozen coconut milk into chunks and add to a food processor. Add the chopped banana. Process until the mixture is smooth and creamy, adding additional sweeteners if desired. This will create a creamy "soft serve." If you want harder "ice cream," put the mixture into the freezer for 15 - 20 minutes to harden, then scoop and serve.

(One Green Planet)

STATISTICS

Table 1. Indonesia's Monthly Exports of Coconut Oil (in MT), 2023 - 2025

Month	2023		2024		2025	
	Volume (MT)	Value (FOB) US$'000	Volume (MT)	Value (FOB) US$'000	Volume (MT)	Value (FOB) US$'000
January	54,436	55,216	58,053	59,761	57,630	107,485
February	74,419	74,978	64,023	68,231	45,809	88,981
March	74,970	76,473	49,013	54,648	40,337	82,272
April	57,695	57,515	58,675	68,580	50,722	110,204
May	55,397	56,651	59,821	75,878	58,144	141,470
June	70,092	67,749	35,258	44,850	26,603	68,199
July	52,109	51,187	67,699	86,068	55,588	144,494
August	61,594	58,845	64,126	90,338		
September	41,572	42,876	47,578	66,188		
October	57,262	57,270	64,795	100,625		
November	64,079	65,429	34,665	58,377		
December	58,894	60,942	52,374	93,076		
Total	**722,517**	**725,130**	**656,079**	**866,620**	**334,832**	**743,106**

Source: BPS-Statistics Indonesia

Table 2. Philippines's Monthly Exports of Coconut Oil (in MT), 2021 – 2025

Month	2021	2022	2023	2024	2025
January	52,302	97,009	98,519	133,248	136,883
February	53,704	123,579	64,696	102,952	128,619
March	72,143	97,741	137,097	119,668	119,786
April	58,555	123,835	59,347	175,043	111,263
May	51,927	113,696	110345	146,099	76,089
June	65,092	87,170	64785	125,111	75,727
July	78,441	112,646	119766	171,961	82,431
August	80,111	104,713	90380	108,630	73,083
September	82,649	78,818	77995	129,278	
October	93,100	109,769	103608	157,723	
November	95,115	83,684	64676	128,386	
December	97,947	87,132	98974	165,301	
Total	**881,086**	**1,219,792**	**1,090,188**	**1,663,402**	**803,881**

Source: Philippine Statistics Authority

Table 3. International Prices of Selected Oils, September 2022 - August 2025, (US$/MT)

Year	Month	Coconut Phil/Indo (CIF. Rott.)	Soybean Oil Dutch (FOB ex-mill)	Palm Oil Malaysian (CIF. Eur.)	Palm Kernel Oil (CIF. Rott.)	Sunflower Oil EU (Fob. NW. EU)
2022	September	1,261	1,548	909	1,249	1,305
	October	1,094	1,576	889	1,039	1,359
	November	1,167	1,652	946	1,062	1,347
	December	1,155	1,409	940	1,067	1,234
2023	January	1,071	1,352	942	1,060	1,218
	February	1,107	1,243	950	1,037	1,159
	March	1,111	1,113	972	1,052	1,075
	April	1,069	1,030	1,005	1,017	1,035
	May	1,031	988	934	993	962
	June	993	1,007	817	928	911
	July	1,047	1,136	879	998	1,039
	August	1,102	1,127	861	998	989
	September	1,084	1,112	830	958	895
	October	1,058	1,134	804	912	910
	November	1,118	1,118	830	968	944
	December	1,118	1,062	814	966	944
2024	January	1,126	971	845	978	943
	February	1,175	912	857	1,034	925
	March	1,254	965	943	1,177	951
	April	1,420	959	936	1,290	971
	May	1,396	988	859	1,196	1,006
	June	1,400	1,011	874	1,156	1,043
	July	1,473	1,079	896	1,365	1,069
	August	1,610	1,031	933	1,480	1,049
	September	1,740	1,044	983	1,515	1,068
	October	1,718	1,095	1,077	1,636	1,206
	November	1,836	1,145	1,169	2,015	1,267
	December	1,953	1,064	1,190	2,099	1,223
2025	January	1,976	1,048	1,070	1,962	1,207
	February	2,051	1,069	1,067	1,947	1,220
	March	2,316	1,011	1,068	2,064	1,233
	April	2,587	1,120	994	2,090	1,225
	May	2,767	1,163	908	2,003	1,208
	June	2,699	1,178	935	1,860	1,196
	July	2,841	1,307	975	2,097	1,214
	August	2,742	1,245	1,026	2,264	1,274

Source: Cocommunity and Oil World

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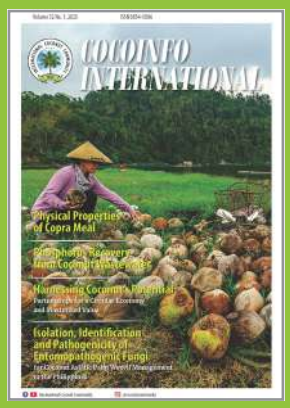

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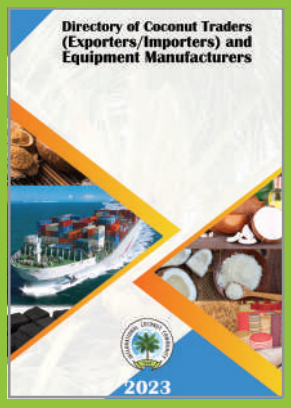

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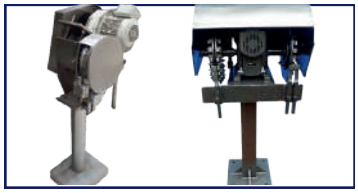

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