



IDENTIFICATION INSPECTION GUIDE FOR COCONUT APPLE (PULP)

(Cocos nucifera)

Below: Coconut apple inside a mature coconut



Coconut apple is the ball of sweet spongy white embryonic material that grows inside a maturing coconut. It provides sustenance to the developing embryo that sprouts through the coconut shell. The growing coconut apple fills the interior cavity of the coconut shell, replacing the coconut water as the coconut matures.

The coconut apple is distinct from the layer of hard coconut meat that lines the inner surface of the shell.

Coconut apple does not contain growing sprouts.