

The Coconut tree is called the “Tree of Life”

it provides medicine, nutrition, fuel and shelter.

Here are some of its amazing uses:

Flowers & Inflorescence: Apparel, vinegar

Fruit & Seed: Coconut milk, oil, sugar

Husk: Brushes, rope

Leaves: Baskets, mats, fans, hats, roofs

Roots: Medicine, beverages

Shells: Utensils, musical instruments, charcoal for cooking

Spathe & Guinit: Headgear, sandals

Trunk: Houses, furniture

Illustration by Chloe Ricks