



CR FARM PRODUCTS
VYM S.A. · 3-101-669016

PRODUCT CATALOG
EDITION · 2026

EST. 2005 · COSTA RICA

SAN CARLOS · ALAJUELA

VOL. I · MMXXVI · ROOT TO ROUTE

FIFTEEN

tropical

ROOTS.

ROOT TO ROUTE — *shipped worldwide.*

Cassava, malanga, yam, ginger, pumpkin, sweet potato, coconut and sugar cane — fresh, graded and shipped from a single family farm.

EXPORTER

CR Farm Products *V&M.S.A.*

ORIGIN

San Carlos, CR

MARKETS

USA · EU

CATALOG

v.2026 · EN

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TWENTY PAGES, FIFTEEN *roots.*

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FAMILY-OWNED

Since 2005



A · FROM THE FOUNDERS

FOUR *brothers,* ONE *father,* ONE FARM.

CR Farm Products began as a family of root and tuber farmers in San Carlos, Alajuela. In 2005 — after twenty years of growing for the domestic market — we packed our first container of ginger and pumpkin bound for the United States.

Twenty years later, the farm is still ours and the work is still done by hand. We plant, we harvest, we grade, we pack. *No middlemen.* Every box that leaves Limón carries our name on the label and our family's reputation in the field.

This catalog is an invitation: see what we grow, see how we ship it, and let's talk about putting our roots in your aisles.

VEGA FAMILY

Founders & growers · CR Farm Products V&M S.A.

**WE
GROW IT.**

**WE
WASH IT.**

**WE
PACK IT.**

We ship it.

*No middlemen. One family,
one farm, one container —
from San Carlos to your dock.*

DAVID VEGA
CEO · CR FARM PRODUCTS

ABOUT US

FROM A COSTA RICAN FARM — *not a factory.*

CR Farm Products V&M S.A. is a family-owned grower and exporter of fresh tropical roots, tubers and cane crops from San Carlos, Costa Rica. We farm what we ship: cassava, two malangas, big taro lila, yam, eddoes, yampeen, two sweet potatoes, dry coconut, two sugar canes, pumpkin and ginger. We grade every box ourselves and we hold direct contracts with growers in our region for the lines we don't farm on our own land.

20 YRS **15** **22** **2**

EXPORTING
SINCE 2005

FRESH SKUS
YEAR-ROUND

PALLETS PER
40' REEFER

OFFICES
CR · MIAMI

WHY WORK WITH US

TEN REASONS, ONE HANDSHAKE.

Buyers around the world choose CR Farm because we are growers first, exporters second. That sequence — field, then container — shows up in pricing, quality and logistics.

<p>01 DIRECT FROM THE <i>field</i></p> <p>We own the production and partner directly with the growers we don't. Zero middlemen between farm and port.</p>	<p>02 TWENTY YEARS OF <i>experience</i></p> <p>Our planting professionals have more than two decades growing tropical roots in San Carlos and the Atlantic zone.</p>
<p>03 FRESH, NEVER <i>stored</i></p> <p>We harvest against orders, not against forecasts. Product moves from field to reefer in days, not weeks.</p>	<p>04 FLEXIBLE <i>weights</i></p> <p>We grade to your specification — premium, second, custom calibers. We adapt the calibration to your retail or wholesale spec.</p>
<p>05 CUSTOM <i>packaging</i></p> <p>Corrugated boxes, mesh bags, wooden crates, retail bags. Private label welcome on all fifteen SKUs.</p>	<p>06 STRATEGIC <i>location</i></p> <p>San Carlos to Limón in four hours; competitive freight to North America, Europe and Asia from a single Atlantic port.</p>
<p>07 MIAMI <i>representative</i></p> <p>A company representative in Miami, FL gives our US clients on-the-ground support, fast clearance and local follow-up.</p>	<p>08 MULTIPLE <i>delivery</i> MODELS</p> <p>We work with importers, wholesale distributors, retail chains and foodservice. Full container, mixed container or LCL on request.</p>
<p>09 PRIVATE <i>labeling</i></p> <p>Your brand on our box. Artwork, color, claims — we set up the box plant within the same lead time as the harvest.</p>	<p>10 COMPLETE <i>logistics</i></p> <p>FOB Limón, CFR or CIF to your destination port. We coordinate booking, customs, phytosanitary and documentation.</p>

THE PORTFOLIO

ALL FIFTEEN, *one farm.*

Cassava, two malangas, big taro lila, yam, eddoes, yampeen, two sweet potatoes, dry coconut, two sugar canes, pumpkin and ginger. Combine any SKUs into a single 40-foot reefer.



HARVEST CALENDAR

TWELVE MONTHS, FIFTEEN *roots.*

When to schedule your container. Some roots are available year-round; others have a clear peak. Plan your purchases against this matrix and we'll book the reefer for the right week.

PRODUCT	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
CASSAVA <i>Manihot esculenta</i>	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available
PEELED YUCA <i>Manihot esculenta</i>	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available
PUMPKIN <i>Cucurbita moschata</i>	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available
GINGER <i>Zingiber officinale</i>	Available	Available	Available	Available	Available	Out of season	Out of season	Out of season	Available	Available	Available	Available
ISLAND MALANGA <i>Colocasia esculenta</i>	Available	Available	Available	Available	Available	Out of season	Out of season	Out of season	Out of season	Out of season	Available	Available
LILAC MALANGA <i>Xanthosoma sagittifolium</i>	Available	Available	Available	Available	Available	Out of season	Out of season	Out of season	Out of season	Out of season	Available	Available
EDDOES <i>Colocasia esculenta</i>	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available
BIG TARO LILA <i>Colocasia esculenta</i>	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available
YAMPEEN <i>C. esculenta var. Antiq.</i>	Available	Available	Available	Available	Out of season	Out of season	Out of season	Available	Available	Available	Available	Available
YAM <i>Dioscorea alata</i>	Available	Available	Available	Available	Available	Out of season	Available	Available	Available	Available	Available	Available
DRY COCONUT <i>Cocos nucifera</i>	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available
GREEN SUGAR CANE <i>Saccharum officinarum</i>	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available
PURPLE SUGAR CANE <i>S. officinarum purpureum</i>	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available
ORANGE S. POTATO <i>Ipomoea batatas</i>	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available
PURPLE S. POTATO <i>Ipomoea batatas</i>	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available

Available Out of season

Costa Rica · Year 2026 reference



CASSAVA

Manihot esculenta

ES · YUCA

HARVEST

All year

CALIBER

**Min length 20 cm ·
Min width 4 cm**

SHELF LIFE

**±90 days,
refrigerated**

PACKING

**Corrugated
cardboard boxes**

PER PALLET

**60–66 boxes /
pallet**

PALLET (L×W×H)

108 × 98 × 210 cm

PER CONTAINER

20–22 pallets

PRODUCTION ZONE

**Huetar Norte ·
Brunca**

PER 100 G EDIBLE PORTION

Kcal **160**

Carbs **38 g**

Protein **1.4 g**

Fiber **1.8 g**

Vit. C **20.6 mg**

Potassium **271 mg**



PEELED Yuca

Manihot esculenta

ES · YUCA PELADA

HARVEST

All year

CALIBER

**Min length 8 cm ·
Min width 4 cm**

SHELF LIFE

**±21 days, vacuum-
packed**

PACKING

**Mesh bags ·
Vacuum film**

PER PALLET

54-60 bags / pallet

PALLET (L×W×H)

108 × 98 × 210 cm

PER CONTAINER

20-22 pallets

PRODUCTION ZONE

Huetar Norte

PER 100 G
EDIBLE
PORTION

Kcal **160**

Carbs **38 g**

Protein **1.4 g**

Fiber **1.8 g**

Vit. C **20.6 mg**

Potassium **271 mg**



PUMPKIN

Cucurbita moschata

ES · AYOTE

HARVEST
All year

CALIBER
Minimum weight 2 kg

SHELF LIFE
±28 days, refrigerated

PACKING
**Mesh bags ·
Wooden crates ·
Boxes**

PER PALLET
**54 / 80-85 bags ·
pallet**

PALLET (L×W×H)
108 × 98 × 210 cm

PER CONTAINER
20 pallets

PRODUCTION ZONE
Huetar Norte

PER 100 G
EDIBLE
PORTION

Kcal **26**

Carbs **7g**

Protein **1.0g**

Fiber **0.5g**

Vit. A **7384 IU**

Potassium **340 mg**



GINGER

Zingiber officinale

ES · JENGIBRE

HARVEST

September to May

CALIBER

Minimum 150 g

SHELF LIFE

**±90 days,
refrigerated**

PACKING

**Corrugated
cardboard boxes**

PER PALLET

**60-66 boxes /
pallet**

PALLET (L×W×H)

108 × 98 × 210 cm

PER CONTAINER

20-22 pallets

PRODUCTION ZONE

**Huetar Norte ·
Brunca**

PER 100 G EDIBLE PORTION

Kcal **80**

Carbs **18 g**

Protein **1.8 g**

Fiber **2.0 g**

Vit. C **5 mg**

Potassium **415 mg**



ISLAND

Malanga

Colocasia esculenta
ES · MALANGA ISLEÑA /
TIQUISQUE

HARVEST

November to May

CALIBER

Min 400 g · Max 2 kg

SHELF LIFE

**±30 days,
refrigerated**

PACKING

**Corrugated
cardboard boxes**

PER PALLET

60 boxes / pallet

PALLET (L×W×H)

108 × 98 × 210 cm

PER CONTAINER

20-22 pallets

PRODUCTION ZONE

**Huetar Norte ·
Atlantic**

PER 100 G
EDIBLE
PORTION

Kcal **142**

Carbs **35 g**

Protein **2 g**

Fiber **5 g**

Vit. C **4.5 mg**

Potassium **591 mg**



LILAC

Malanga

*Xanthosoma
sagittifolium*

ES · MALANGA LILA

HARVEST

November to May

CALIBER

Minimum 15 cm

SHELF LIFE

**±30 days,
refrigerated**

PACKING

**Corrugated
cardboard boxes**

PER PALLET

60 boxes / pallet

PALLET (L×W×H)

108 × 98 × 210 cm

PER CONTAINER

20-22 pallets

PRODUCTION ZONE

Huetar Norte

PER 100 G EDIBLE PORTION

Kcal **142**

Carbs **35 g**

Protein **2 g**

Fiber **5 g**

Vit. C **4.5 mg**

Potassium **591 mg**



EDDOES

Colocasia esculenta

ES · ÑAMPÍ / CHAMOL

HARVEST
All year

CALIBER
Minimum 80 g

SHELF LIFE
**±30 days,
refrigerated**

PACKING
**Corrugated
cardboard boxes**

PER PALLET
**60 / 66 / 100 boxes ·
pallet**

PALLET (L×W×H)
108 × 98 × 210 cm

PER CONTAINER
20-22 pallets

PRODUCTION ZONE
**Huetar Norte ·
Atlantic**

PER 100 G
EDIBLE
PORTION

Kcal **112**

Carbs **26 g**

Protein **1.5 g**

Fiber **4 g**

Vit. C **5 mg**

Potassium **591 mg**



BIG TARO *Lila* *Colocasia esculenta*

ES · MALANGA COCO LILA

HARVEST

Year-round

CALIBER

Minimum 25 cm

SHELF LIFE

**±30 days,
refrigerated**

PACKING

**Corrugated
cardboard boxes**

PER PALLET

60 boxes / pallet

PALLET (L×W×H)

108 × 98 × 210 cm

PER CONTAINER

20-22 pallets

PRODUCTION ZONE

Huetar NortePER 100 G
EDIBLE
PORTIONKcal **112**Carbs **26 g**Protein **1.5 g**Fiber **4.1 g**Vit. C **4.5 mg**Potassium **591 mg**



YAMPEEN

C. esculenta var. Antiquorum

ES · PAPA CHINA / YAMPEEN

HARVEST

**North: Feb-Apr ·
South: Aug-Dec**

CALIBER

Minimum 180 g

SHELF LIFE

**±28 days,
refrigerated**

PACKING

**Corrugated
cardboard boxes**

PER PALLET

60-66 bags / pallet

PALLET (L×W×H)

108 × 98 × 210 cm

PER CONTAINER

20-22 pallets

PRODUCTION ZONE

**Central Sur · Huetar
Norte**

PER 100 G
EDIBLE
PORTION

Kcal **142**

Carbs **35 g**

Protein **2 g**

Fiber **5 g**

Vit. C **5 mg**

Potassium **591 mg**



YAM

Dioscorea alata

ES · ÑAME

HARVEST

July to May

CALIBER

Min 400 g · Max 2 kg

SHELF LIFE

**±90 days,
refrigerated**

PACKING

**Corrugated
cardboard boxes**

PER PALLET

60-66 bags / pallet

PALLET (L×W×H)

115 × 100 × 210 cm

PER CONTAINER

20-22 pallets

PRODUCTION ZONE

**Huetar Norte ·
Atlantic**

PER 100 G
EDIBLE
PORTION

Kcal **118**

Carbs **28 g**

Protein **1.5 g**

Fiber **4.1 g**

Vit. C **17 mg**

Potassium **816 mg**



DRY *Coconut*

Cocos nucifera
ES · COCO SECO

HARVEST
All year

CALIBER
Standard grade

SHELF LIFE
±60 days, ambient

PACKING
Bags · Bulk

PER PALLET
45 bags / pallet

PALLET (L×W×H)
108 × 98 × 210 cm

PER CONTAINER
20 pallets

PRODUCTION ZONE
Atlantic · Pacific

PER 100 G
EDIBLE
PORTION

Kcal **354**

Carbs **15 g**

Protein **3.3 g**

Fat **33 g**

Fiber **9 g**

Potassium **356 mg**



GREEN *Sugar Cane*

Saccharum officinarum

ES · CAÑA VERDE

HARVEST
All year

CALIBER
Standard grade · cut to length

SHELF LIFE
±21 days, refrigerated

PACKING
Cardboard boxes · Bundles

PER PALLET
60-66 bags / pallet

PALLET (L×W×H)
108 × 98 × 210 cm

PER CONTAINER
20-22 pallets

PRODUCTION ZONE
Huetar Norte · Brunca

PER 100 G
EDIBLE
PORTION

Kcal **100**

Carbs **27g**

Protein **0.2g**

Fat **0.1g**

Fiber **0.6g**

Calcium **12mg**



PURPLE *Sugar* Cane

S. officinarum
purpureum
ES · CAÑA MORADA

HARVEST

All year

CALIBER

**Standard grade ·
cut to length**

SHELF LIFE

**±21 days,
refrigerated**

PACKING

**Cardboard boxes ·
Bundles**

PER PALLET

60-66 bags / pallet

PALLET (L×W×H)

108 × 98 × 210 cm

PER CONTAINER

20-22 pallets

PRODUCTION ZONE

**Huetar Norte ·
Brunca**

PER 100 G
EDIBLE
PORTION

Kcal **100**

Carbs **27 g**

Protein **0.2 g**

Fat **0.1 g**

Fiber **0.6 g**

Antioxidants **High**



GARNET SWEET POTATO

Ipomoea batatas

ES · CAMOTE
NARANJA

HARVEST
All year

CALIBER
**Standard grade ·
graded by size**

SHELF LIFE
**±30 days,
refrigerated**

PACKING
**Corrugated
cardboard boxes**

PER PALLET
**60-66 boxes /
pallet**

PALLET (L×W×H)
108 × 98 × 210 cm

PER CONTAINER
20-22 pallets

PRODUCTION ZONE
**Huetar Norte ·
Pacific Central**

PER 100 G
EDIBLE
PORTION

Kcal **86**

Carbs **20 g**

Protein **1.6 g**

Fiber **3 g**

Vit. A **14 187 IU**

Potassium **337 mg**



LILA Sweet Potato *Ipomoea batatas*

ES · CAMOTE LILA

HARVEST
All year

CALIBER
**Standard grade ·
graded by size**

SHELF LIFE
**±30 days,
refrigerated**

PACKING
**Corrugated
cardboard boxes**

PER PALLET
**60-66 boxes /
pallet**

PALLET (L×W×H)
108 × 98 × 210 cm

PER CONTAINER
20-22 pallets

PRODUCTION ZONE
**Huetar Norte ·
Pacific Central**

PER 100 G
EDIBLE
PORTION

Kcal **86**

Carbs **20 g**

Protein **1.6 g**

Fiber **3 g**

Anthocyanins **Very high**

Potassium **337 mg**

LOGISTICS & COMMERCIAL TERMS

FROM SAN CARLOS TO YOUR *port.*

Standard terms for full-container shipments. Mixed containers, retail packs and private-label runs negotiated on a per-order basis.

INCOTERMS · 2020

TRADE *terms*

FOB Limón	Standard
FOB Caldera	Pacific lines
CFR / CIF	On request
EXW San Carlos	Available
DDP Miami	Via Miami office

CONTAINER & LEAD TIME

SHIPPING *capacity*

Reefer 40' HC	20-22 pallets
Temperature	4 - 6 °C
Shelf life	6 weeks
Frequency	Weekly
Service	Atlantic · Pacific

ORDERS

ORDER *parameters*

MOQ	1 x 40' reefer
Mixed container	From 6 SKUs
Sample shipment	On request
Private label	All 15 SKUs
Custom packing	Available

DOCUMENTATION

PAYMENT & *papers*

Payment	60 / 40 · To negotiate
L/C	Confirmed, sight
Phytosanitary	SFE Costa Rica
Certificate of origin	Included
Traceability	Lot-coded boxes

CERTIFICATIONS & SEALS

AUDITED AT THE *field.*

Three certifications cover food safety, country of origin and small-grower compliance. Every container ships with copies of the corresponding certificates.



GLOBALG.A.P.

Good Agricultural Practices · IFA v6

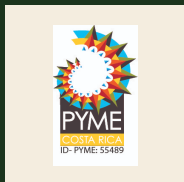
The international benchmark for safe and sustainable farming. We are audited annually on plant protection, worker welfare, water management and traceability. Required by most European and US retail chains.



ESENCIAL *Costa Rica*

Country of Origin Mark · PROCOMER

The official country brand for Costa Rican exporters. Granted to companies that meet standards on sustainability, innovation and social progress. Our label of national identity in every box that leaves Limón.



PYME *MEIC*

Costa Rican Ministry of Economy

Official recognition as a small-and-medium enterprise. Confirms our local registration, tax compliance and eligibility for trade-promotion programs of the Government of Costa Rica.

THE TAKE-AWAY

FIFTEEN ROOTS, ONE *page.*

TEAR-OFF
SUMMARY
LEAVE-BEHIND
SHEET

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ORIGIN

San Carlos *Alajuela, CR*
Family-owned since
2005

LOGISTICS

FOB Limón / Caldera
20-22 pallets · 40'
reefer · 8-12 °C

CERTIFICATIONS

GlobalG.A.P. · IFA v6
Esencial Costa Rica ·
PYME MEIC

CONTACT

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CR FARM PRODUCTS
VYM S.A. · 3-101-669016

LET'S TALK ■

FROM OUR FARM TO YOUR AISLES

WE HARVEST FOR YOUR FAMILY'S *health.*

HEADQUARTERS

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On-the-ground support
for North American clients

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