

DEPARTMENT OF BOTANY
SRI.A.S.N.M.GOV'T. COLLEGE (A), PALAKOL
CELEBRATION OF “WORLD COCONUT DAY”
ON 02.09.2021



ABOUT WORLD COCONUT DAY



HISTORY OF WORLD COCONUT DAY

We are just coconuts for coconuts on World Coconut Day. The aim of celebrating this holiday is to bring coconuts into the spotlight and recognize their importance and benefits — not just health-wise but economically too. Coconuts are especially celebrated in Asian- and

Pacific regions by the APCC, Asian and Pacific Coconut Community, which facilitates most of the coconut production centers.

The coconut's adorable name has an interesting origin. As portrayed in many cartoons and children's illustrations, there are three indentations on the surface of a coconut, which resemble a human face. Ancient Iberian folklore tells us that when the Portuguese and Spanish explorers saw these indentations, it reminded them of the bogeyman or a similar entity. The mythical character from stories of their native lands was called 'Coco,' and so, the word 'coconut' was born.

The coconut made its way from India to the coast of East Africa, thanks to Arab sailors, and from Southeast Asia to the west of Madagascar in the Indian Ocean and to the east of the Pacific, thanks to Austronesian sailors.

Coconuts have been a powerhouse since, providing us with a vast range of products and benefits. The tender white flesh inside the coconut is used in an array of cooking recipes and the oil, milk, and water is used for both cooking and non-cooking purposes. Coconut butter, coconut cream, and coconut oil are staple byproducts used in beauty products, and the husks and leaves of coconuts are used for making doormats, roofs, and huts.

The first observance of World Coconut Day took place in 2009, commemorating the creation of the APCC. Every year, the International Coconut Community sets a theme for World Coconut Day. In 2020, the theme was 'Invest In Coconut To Save The World.'

WORLD COCONUT DAY FAQs

What day is National Coconut Day?

National Coconut Day is celebrated on June 26.

What was the theme of World Coconut Day 2019?

The theme in 2019 for World Coconut Day was ‘Coconut For Family Wellness.’

Is the coconut a fruit?

The short answer is, yes. The coconut is classified as a nut, a fruit, and a seed.

WORLD COCONUT DAY ACTIVITIES

1. Crack one open

It's a lot of fun to crack into a real coconut, and no, you don't need a machete. There are a number of methods, so check out some YouTube videos. Whichever you choose, be sure to save the coconut water before prying out the sweet meat for snacking.

2. Cook something different

If you have only ever had coconuts in tropical drinks and macaroons, get acquainted with the savory side of this fruit. Try your hand at a coconut-based curry, coconut shrimp, coconut-lime rice, or even coconut-crusted onion rings!

3. Throw a tiki party

Now that you have all these coconutty delights, why not host a Polynesian-themed party?

They're best held in the backyard, where you can light the area with tiki torches. Provide leis and/or grass skirts, decorate with orchids and tropical fruit, and play some festive ukulele music to get guests in the mood. Don't forget to put umbrellas in the drinks!

5 USES OF COCONUT

1. Coconuts boost immunity

As a source of antioxidants, eating coconut and drinking its water can boost immunity and fight diseases.

2. Coconut is good for diabetes

Owing to their low-calorie and high fiber content, diabetics can eat more coconuts to help manage their blood sugar levels.

3. Coconut is miraculous for hair growth

Indians swear by coconut oil for nourishing their hair — not only does it condition hair, leaving it soft and luxurious, but it tackles a number of hair problems.

4. Coconut oil is great for the skin

From mosquito bites to anti-aging, coconut oil is useful in healing skin from scars, scabs, and wounds, as well as preventing dull skin.

5. Coconut as a garnish

Coconut is often shredded and added to different dishes to add taste and texture.

WHY WE LOVE WORLD COCONUT DAY

1. There are so many ways to enjoy coconuts

Odds are that you have recently experienced coconut, in some form or another. If you haven't had a smoothie or a cocktail or an entree made with coconut milk, coconut cream, coconut water, coconut oil, or the fruit itself, you may have washed your face, shampooed your hair, moisturized, or exfoliated with a coconut by-product. Coconut shells can be used as bowls, to make buttons, and to create the sound effect of horses' hooves.

2. Coconuts are delicious

Coconut products add a scrumptious creaminess to any drink or dish. A smoothie takes on a tropical flair, while even the simplest curry gets depth from coconut milk. Raw coconut makes a perfect snack, and lends just the right amount of chewiness to baked goods. And unless your coconut has added sugar, it will work well in savory applications as well as sweet ones.

3. You guessed it — coconuts are nutritious

Is coconut the new kale? Well, probably not, but coconuts are high in iron, magnesium, fiber and protein. Coconut water provides potassium and sodium. In moderate amounts, coconut oil — a medium-chain fatty acid — is not harmful, although the jury is out on whether or not it's helpful. And coconut products play prominent roles in gluten-free, soy-free, and vegan diets.

WORLD COCONUT DAY DATES

Year	Date	Day
2021	September 2	Thursday
2022	September 2	Friday
2023	September 2	Saturday
2024	September 2	Monday
2025	September 2	Tuesday