



THE BEST OF OUR LAND



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About Us

GOODFRUTTY SAS produce, markets and exports the best Colombian fruits and MEXOCOL LLC stores and distributes them in North America, maintaining the highest quality standards. We know how valuable the Colombian countryside is and we bring it to the demanding North American market.





The taste of
Colombia in
north America

Our
Products





Hass Avocado

Characteristics

Avocado is one of the most desired fruits worldwide. Green, pear-shaped and with a smooth creamy texture.

Availability	Apr-Jun / Sep-Nov
Packaging	Box of 4 or 10 kg
Calibers	12,14,16,18,20,22,25



Benefits

The avocado provides vitamins E, acid and glutathione, as well as fatty acids like omega 9,7,6 and 3. This last part helps protect from cancer. Its list of minerals it include: calcium, copper, phosphorus, iron, magnesium, man- ganese, potassium, selenium, sodium and zinc. It helps fight heart problems and in the synthesis of proteins. It is useful in the fight against cholesterol and the prevention of arteriosclerosis; stimulates the formation of collagen and helps to keep the skin smooth and help combat the aging.





Florida Avocado

Characteristics

Avocado is one of the most desired fruits worldwide. Green, pear-shaped and with a smooth creamy texture.

Availability	Jun–Nov
Packaging	Box of 10 or 12,5 kg
Calibers	12,14



Benefits

The avocado provides vitamins E, acid and glutathione, as well as fatty acids like omega 9,7,6 and 3. This last part helps protect from cancer. Its list of minerals it include: calcium, copper, phosphorus, iron, magnesium, man- ganese, potassium, selenium, sodium and zinc. It helps fight heart problems and in the synthesis of proteins. It is useful in the fight against cholesterol and the prevention of arteriosclerosis; stimulates the formation of collagen and helps to keep the skin smooth and help combat the aging.





Tahiti Lemon

Characteristics

The Tahiti Lemon, slightly oval shaped, seedless and acid, provides high levels of vitamin C, vitamin B, Ascorbic acid, beta-carotene and vitamin A.

Availability	All year around
Packaging	Box of 10 or 12,5 kg



Benefits

It has all the nutrients found in citrus fruits, with less amount of sugars. It is also a blood purifier and its antioxidants increase good cholesterol. This fruit is ideal in helping counter bad circulation, bad cholesterol and arteriosclerosis.





Mango

Characteristics

The Mango, originally from India, is one of the most delicious fruits in the world, refreshing, with a soft texture and a sweet taste. Its color varies between Orange and yellow, weighing between 200 to 550 gr depending on the variety.

Availability	May-Jul / Oct-Jan
Packaging	Box of 25 kg



Benefits

The main vitamins present in Mango are: A, B group, E and K. As for minerals, it contains potassium and phosphorus. In addition, it is one of the fruits with the highest concentration of antioxidants, so it increases the body's defenses. Thanks to its content of potassium, it helps control blood pressure as well. It helps counteract hypotension and has skin caring benefits. It is recommended for pregnant women in order to help prevent cervix cancer.





PIMENTON

Capsicum

Characteristics

Pimenton is a sweet species of the genus Capsicum, which is part of the botanical family of Solanaceae. It is the most cultivated species of this genus.

Availability	Mar-Jun
Packaging	Box of 2,0 kg



Benefits

Pimenton has a significant caloric intake, a lot of water, fiber and almost no fat, so it can be taken in weight loss diets. Paprika contains: Vitamins: C (a lot, more than citrus fruits) E, A, B1, B2, B3, B6. Minerals: phosphorus and magnesium, potassium, calcium.





Physalis or Golden Berry

Characteristics

The golden berry, known as Uchuva in Colombia, is native to the Andean region. It is round, yellow, sweet and small and usually has a diameter between 1.25 and 2 cm. It comes wrapped in a protective shell called capacho or Capuchon.

Availability	All year around
Packaging	Box of 1,2 kg



Benefits

It is an excellent source of vitamin A, C, B1, B2, B3, Magnesium phosphate and pectin. Its proportions of B complex help act as an anti-inflammatory. Its vitamin E helps keep skin and hair healthy. It is also used for therapeutic purposes, since it helps purify the blood stream, it strengthens the optic nerve and relieves gum conditions. It has also been recommended for people with diabetes of all types.





Guava, Mango or Avocado Leaves

Characteristics

Fresh leaves ideal for cooking

Availability	All year around
Packaging	Box of 5 kg



Characteristics

Fresh leaves ideal for cooking



Chipilin, Quelite, Hierba Mora



Packing



Generally special rigid boxes for each product with a content of 20 or 25 pounds depending on the product or the needs of our client.

Pallet of 80 boxes or less depending on the packaging and type of product.



Note: *We may have other products depending on the season and at the request of our customers.*



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