



**[www.fieldex.com.co](http://www.fieldex.com.co)**



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Fieldexcolombia




We are **FieldEx**, a Colombian company based in Bogotá, specialized in the export of high-quality exotic fruits. At FieldEx, we proudly promote the unique flavors of Colombia, to the world.

With strict protocols, rigorous quality controls, and a team deeply committed to excellence, we carefully select the best of our land, to meet the highest standards demanded by international markets.

We export to over 20 markets across regions such as Canada, Europe, the Middle East, and Asia. Our clients include direct importers, supermarkets, wholesalers, retailers, and distributors across the entire value chain.

We take pride in offering the finest natural resources from Colombia, and contributing to global well-being through healthy nutrition.

**Contact us**, it will be an honor to support the growth of your organization.

 **YouTube** <https://www.youtube.com/channel/UCV2nrFvg980TP1LBLwYAUig>



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## PHYSALIS/UCHUVA

The Physalis is a round fruit, which stands out with its orange and golden tones. A juicy flavor explodes in the mouth, between sweet and acidic. It is known by very varied names the love fruit, golden berry or in Spanish Uchuva.

### PACKAGING

We offer the Physalis in different presentations:

- Cape Physalis In basket (with leafs), in box containing 12 baskets of 100 g each, box of 1.2 Kg Net.
- Capeless Physalis In plastic container (without leafs), in different presentations from 170g to 300g, as requested by the client.

We can adapt our presentations to your requirements.

### FRUIT WEIGHT

4g – 10g.

### AVAILABILITY

All year round.

### CONSUMPTION TIPS

It is usually consumed fresh, removing the leaf that covers it. It can also be prepared in juice and desserts.

### Nutrition Facts

Serving Size 100g

#### Proximates

Energy	286 kcal
Protein	7.14 g
Total lipid (fat)	0 g
Total Carbohydrate	60.71 g
Dietary Fiber	10.70 g

#### Minerals

Iron	2.86 mg
Potassium	1779 mg
Sodium	89 mg

#### Vitamins

Vitamin C	8.6 mg
Vitamin A, IU	8036 mg

\*Percent Daily Values based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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## PHYSALIS/UCHUVA



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# MANGOSTEEN/MANGOSTINO

Mangosteen is an exotic fruit, highly valued for its anti-cancer properties, it is juicy, delicate and slightly bittersweet. Frequently referred to as the fruit of the kings and one of the most delicious in the world.

## PACKAGING

We offer the Mangosteen in different presentations:

- Loose Mangosteen in boxes from 10 kg to 15 kg.
- Box of 2.5 Kg Net.
- Box of 2.0 Kg Net (Includes two small polystyrene trays of 1.0 kg each).
- Box of 2.5 Kg (Includes 6 trays of 400 g each)

## AVAILABILITY

Generally, there is availability between the months of April to September and November to January. Ask for the seasons, times vary depending on weather conditions during the year.

## CONSUMPTION TIPS

You can eat fresh, you just have to open the fruit with your hands and eat the pulp inside. It is also consumed in juices and accompanied by other fruits. The skin is not edible.

## FRUIT WEIGHT

50g – 120g.

## Nutrition Facts

Serving Size 100g

### Proximates

Water	72,93 g
Energy	60 kcal
Protein	1 g
Total lipid (fat)	0.7 g
Total Carbohydrate	23 g
Dietary Fiber	0 g

### Minerals

Calcium	12 mg
Iron	1.6 mg
Magnesium	29 mg
Cholesterol	0 mg
Potassium	348 mg
Sodium	28 mg

### Vitamins

Vitamin C	30 mg
Vitamin A, IU	1,274 IU

\*Percent Daily Values based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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# MANGOSTEEN / MANGOSTINO



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# GRANADILLA

The Granadilla belongs to the family of the Yellow Passion Fruit and the Purple Passion Fruit. It contains a jelly pulp with black edible seeds. The taste is lovely, soft and sweet. It is highly aromatic and contains vitamins A, C and K, phosphorus, iron and calcium.

## PACKAGING

We offer the Granadilla in different presentations:

- Losse Granadilla in boxes of 10 Kg.
- Box of 2.0 kg Net.

We can adapt our presentations to your requirements.

## AVAILABILITY

All year round.

## FRUIT WEIGHT

105g-125g.

## CONSUMPTION TIPS

Generally the Granadilla is consumed in fresh, the skin is peeled with the hands and with a straw or spoon you can enjoy this delicious fruit. It can also be used as a complement in cakes, salads and shakes. The skin is not edible.

## Nutrition Facts

Serving Size 100g

### Proximates

Water	72.93 g
Energy	97 kcal
Protein	2.20 g
Total lipid (fat)	0.70 g
Total Carbohydrate	23.38 g
Dietary Fiber	10.40 g

### Minerals

Calcium	12 mg
Iron	1.60 mg
Magnesium	29 mg
Phosphorus	68 mg
Potassium	348 mg
Sodium	28 mg

### Vitamins

Vitamin C	30 mg
Vitamin A, IU	1272 mg

\*Percent Daily Values based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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# GRANADILLA



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# PURPLE PASSION FRUIT/GULUPA

The Purple Passion Fruit belongs to the family of the Granadilla and the Yellow Passion Fruit. Worldwide known as the Gulupa, it is one of the best options to enjoy at the table as a soft drink to any food, it is a round purple fruit that contains a jelly pulp with edible seeds. Its flavor is very similar to the Yellow Passion fruit, but it is a little sweeter and smaller.

## CONSUMPTION TIPS

Generally the Purple Passion Fruit is consumed in juice prepared in water, however it can be enjoyed in fresh, its flavor is sweet and has a sensational aroma, the skin should be opened and with a spoon or straw enjoy its content. The skin is not edible.

## AVAILABILITY

All year round.

## FRUIT WEIGHT

45g – 65g.

## PACKAGING

We offer the Purple Passion Fruit in different presentations:

- Box of 1.6 Kg, plastic covered by fruit.
- Box of 2.0 Kg, plastic covered by fruit.
- Box of 2.0 Kg, one bag for all the fruits.

We can adapt our presentations to your requirements.

## Nutrition Facts

Serving Size 100g

### Proximates

Water	72.93 g
Energy	97 kcal
Protein	2.20 g
Total lipid (fat)	0.70 g
Total Carbohydrate	23.38 g
Dietary Fiber	10.40 g

### Minerals

Calcium	12 mg
Iron	1.60 mg
Magnesium	29 mg
Phosphorus	68 mg
Potassium	348 mg
Sodium	28 mg

### Vitamins

Vitamin C	30 mg
Vitamin A, IU	1272 mg

\*Percent Daily Values based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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## PURPLE PASSION FRUIT/GULUPA



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# YELLOW PASSION FRUIT/MARACUYÁ

The Yellow Passion Fruit belongs to the family of the Granadilla and the Purple Passion Fruit. Like Gulupa, it is also known as the passion fruit or Maracuyá, and represents one of the best options to enjoy as a refreshing drink. It is a round yellow fruit that contains a jelly pulp with edible seeds. Its flavor is very similar to the Purple Passion Fruit, but it is a little more acidic and larger.

## PACKAGING

We offer the Maracuyá in the following presentation:

- Box of 2.5 kg Net.

We can adapt our presentations to your requirements.

## AVAILABILITY

All year round.

## FRUIT WEIGHT

150g-200g.

## CONSUMPTION TIPS

Generally the Yellow Passion Fruit is consumed in juice prepared in water, however it can be enjoyed fresh, its flavor is sweet and has a sensational aroma, the skin should be opened and with a spoon or straw enjoy its content. The skin is not edible.

## Nutrition Facts

Serving Size 100g

### Proximates

Water	72,93 g
Energy	60 kcal
Protein	1 g
Total lipid (fat)	0.7 g
Total Carbohydrate	23 g
Dietary Fiber	0 g

### Minerals

Calcium	12 mg
Iron	1.6 mg
Magnesium	29 mg
Cholesterol	0 mg
Potassium	348 mg
Sodium	28 mg

### Vitamins

Vitamin C	30 mg
Vitamin A, IU	1,274 IU

\*Percent Daily Values based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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## YELLOW PASSION FRUIT/MARACUYÁ



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# TAMARILLO

The Tamarillo is an ovoid-sized fruit, red in color and the higher its ripeness, the darker its tone. Its major component is water. It contains a high concentration of provitamin A and C, antioxidant action, and to a lesser extent contains other vitamins of group B, such as B6 or pyridoxine, necessary for the proper functioning of the nervous system.

## PACKAGING

We offer the Tamarillo in the following presentation:

- Box of 2.5 kg Net.

We can adapt our presentations to your requirements.

## AVAILABILITY

All year round.

## FRUIT WEIGHT

110g-150g.

## CONSUMPTION TIPS

The consumption of the Tamarillo is mainly in juice prepared in water, with the cooked fruit, this allows you to enjoy its refreshing and delicious flavor. The skin is not edible.

## Nutrition Facts

Serving Size 100g

### Proximates

Water	N/A
Energy	30 kcal
Protein	1.03 g
Total lipid (fat)	1.03 g
Total Carbohydrate	8.25 g
Dietary Fiber	1.0 g

### Minerals

Calcium	10 mg
Iron	0.56 mg
Magnesium	N/A
Phosphorus	N/A
Potassium	N/A
Sodium	3 mg

### Vitamins

Vitamin C	20.4 mg
Vitamin A, IU	1134 IU

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# TAMARILLO



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# BABY MANGO/MANGO DE AZÚCAR

The Baby Mango also known as the Sugar Mango, it is a variety of Premium Mango of very high quality typical from Colombia, small size, low fiber, wonderful aroma and an irresistible flavor. Known worldwide as the Baby Mango, we invite you to delight in what is probably the most delicious mango in the world.

## PACKAGING

We offer the Baby Mango in the following presentations:

- Box of 2.0 Kg Net.
- Box of 2.5 Kg Net.

We can adapt our presentations to your requirements.

## CONSUMPTION TIPS

The Baby Mango is a fruit that is generally consumed fresh, is juicy, sweet and contains little fiber. It could also be consumed in juice prepared in water. Its skin is edible and has a high content of Vitamins A and C.

## AVAILABILITY

Generally there is availability between the months of March and July. Ask for seasons, times vary depending on weather conditions during the year.

## FRUIT WEIGHT

80g – 150g.

## Nutrition Facts

Serving Size 100g

### Proximates

Water	83.46 g
Energy	60 kcal
Protein	0.82 g
Total lipid (fat)	0.38 g
Total Carbohydrate	14.98 g
Dietary Fiber	1.6 g

### Minerals

Calcium	11 mg
Iron	0.16 mg
Magnesium	10 mg
Cholesterol	0 mg
Potassium	168 mg
Sodium	1 mg

### Vitamins

Vitamin C	36.4 mg
Vitamin A	1082 IU

\*Percent Daily Values based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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# BABY MANGO/MANGO DE AZÚCAR



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# YELLOW DRAGON FRUIT/PITAHAYA

The Pitahaya or Yellow Dragon Fruit is an ovoid fruit, rounded and elongated. Inside you will find abundant small, bright seeds, distributed throughout the pulp, which release a sweet and very pleasant taste.

## PACKAGING

We offer the Pitahaya in following presentation:

- Box of 2.5 kg Net.

We can adapt our presentations to your requirements.

## AVAILABILITY

All year round.

## FRUIT WEIGHT

250g – 350g.

## CONSUMPTION TIPS

Because of its delicious and sweet taste, the Dragon Fruit is a fruit that is preferably enjoyed fresh and can also be consumed in desserts and juices. His skin is not edible.

## Nutrition Facts

Serving Size 100g

### Proximates

Water	
Energy	60 kcal
Protein	1.18 g
Total lipid (fat)	0.0 g
Total Carbohydrate	12.94 g
Dietary Fiber	2.9 g

### Minerals

Calcium	18 mg
Iron	0.74 mg
Magnesium	40 mg
Cholesterol	0 mg
Potassium	
Sodium	0 mg

### Vitamins

Vitamin C	2.5 mg
Vitamin A	59 IU

\*Percent Daily Values based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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# YELLOW DRAGON FRUIT/PITAHAYA



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# GUAVA/GUAYABA

Guava should be considered the queen of fruits, contains five times more vitamin C than an orange, and also has stellar amounts of protein, fiber, and folic acid. It is delicious and highly healthy.

## PACKAGING

We offer the Guava in following presentation:

- Box of 2.5 kg Net.

We can adapt our presentations to your requirements.

## AVAILABILITY

All year round.

## FRUIT WEIGHT

90g – 140g.

## CONSUMPTION TIPS

Guava should be considered the queen of fruits, contains five times more vitamin C than an orange, and also has stellar amounts of protein, fiber, and folic acid. It is delicious and highly healthy.

## Nutrition Facts

Serving Size 100g

### Proximates

Water	80.80g
Energy	68 kcal
Protein	2.55 g
Total lipid (fat)	0.95 g
Total Carbohydrate	14.32 g
Dietary Fiber	5.4 g

### Minerals

Calcium	18 mg
Iron	0.26 mg
Magnesium	22 mg
Phosphorus	40 mg
Potassium	417 mg
Sodium	2 mg

### Vitamins

Vitamin C	228.3 mg
Vitamin A, IU	624 IU

\*Percent Daily Values based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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## GUAVA/GUAYABA



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# SWEET CUCUMBER/PEPINO DULCE

Sweet cucumber, also known as melon cucumber, is a fruit with a mild flavor very similar to melon, whose skin is thin, creamy in color with purple spots and that may remind you of the texture of tomato.

## PACKAGING

We offer the Sweet Cucumber in following presentation:

- Box of 2.5 kg Net.

We can adapt our presentations to your requirements.

## AVAILABILITY

All year round.

## FRUIT WEIGHT

90g – 140g.

## CONSUMPTION TIPS

Guava should be considered the queen of fruits, contains five times more vitamin C than an orange, and also has stellar amounts of protein, fiber, and folic acid. It is delicious and highly healthy.

## Nutrition Facts

Serving Size 100g

### Proximates

Water	80.80g
Energy	68 kcal
Protein	2.55 g
Total lipid (fat)	0.95 g
Total Carbohydrate	14.32 g
Dietary Fiber	5.4 g

### Minerals

Calcium	18 mg
Iron	0.26 mg
Magnesium	22 mg
Phosphorus	40 mg
Potassium	417 mg
Sodium	2 mg

### Vitamins

Vitamin C	228.3 mg
Vitamin A, IU	624 IU

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# SWEET CUCUMBER/PEPINO DULCE



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## FRESH FRUIT HANDLING TIPS

- Never place fruit boxes directly on the floor. Always set them on a pallet, basket, or another clean, elevated surface to avoid contamination.
- Maintain the cold chain throughout the entire transportation process, from the airport to the final destination, to preserve fruit quality and freshness.
- All personnel handling fruit must adhere to strict hygiene standards: wash hands thoroughly before contact, wear disposable plastic gloves, and use a hat or hairnet to prevent hair from falling onto the fruit.
- At the supermarket, display fruits on refrigerated shelves set to cool temperatures to extend their shelf life.
- Each fruit type has unique storage requirements. For example, Granadilla and Purple Passion Fruit are more resilient to temperature variations, while Baby Mango and Yellow Pitahaya are more sensitive and perishable.
- To simplify mixed storage, set refrigeration units to 9 °C, a balanced temperature that helps preserve a variety of fruits.
- Minimize handling to reduce the risk of bruising or mechanical damage. Once fruits are placed in the display area, avoid relocating them unless absolutely necessary.



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