

Man and woman stand near irrigation pond in rice field bordered by coconut trees

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A man in shorts and a woman wearing long clothes and a conical sunhat stand near an irrigation pond in a wet-rice field. The field is bordered by coconut trees in the background. Coconut trees are grown wherever possible in Southeast Asia. The juice inside young coconuts is drunk, and it is an ideal rehydration fluid. The "meat" that lines young coconuts is grated and pressed for "milk" used in cooking. The ripe meat also is dried and pressed to make coconut oil for frying, as well as for cosmetics. In some areas, coconut palm leaves and wood are used for building.



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