

# ALPI TRADE

IT IS TIME TO TAKE A LOOK BACK  
INTO NATURE



ALPI TRADE



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IT IS TIME TO TAKE A LOOK BACK INTO NATURE!

Alpi Trade is here to source some of the most extraordinary natural products and deliver them to you. We maintain a personal relationship with all farmers and suppliers, and we are always looking for the best quality.

We offer all-natural products, some of which are lesser known but have proven to be beneficial and are thus highly regarded in different cultures. We are committed to finding and offering products that will help people to improve their diet and bring happiness into their life.

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# WHO WE ARE

We are a sustainability-oriented production and distribution company. Since our foundation, we have built up extensive experience in the selection, procurement, quality control, packaging, B2B and B2C distribution.

## Our focus

Our products are centred around the field of high-quality food, herbal, spice and oil ingredients derived from nature. In doing so, we have compiled a product range geared toward specific niche products, which appeal to our customers by offering a combination of high quality and value for their money. We offer both conventional and organically certified quality for many of our products. In addition, we intentionally supplement with zero waste and plastic-free products, for the sake of our environment.

Our procurement process focuses in large part on our native Bulgaria. However, we selectively complement our product range with high-quality products from other countries, which our customers particularly appreciate.

Our sales approach offers a combination of online trading, in-store sales and wholesale distribution. For the latter, we offer individually customized solutions in terms of quantities, bulk / end customer packaging and, together with our suppliers, also fulfill individual product requirements.

## Our purpose

Our corporate mission is:

- To make high-quality Bulgarian products available to the wider public,
- To support local, Bulgarian producers and regional producers with a primary focus,
- To promote regional development in Bulgaria by fully placing our production, storage and logistics facilities in prospective regions.

## We as your partner

We operate our business from Sofia, Bulgaria. Our production and warehouse location is in Dupnitsa, Bulgaria (about 70 km / 50 minutes south of Sofia).

As a company based in the EU, our production and warehousing location is registered in Bulgaria, and for VAT purposes within the major markets of Europe, as this is where the majority of our clientele is based (e.g., Germany, France, Italy, Spain, Great Britain, Poland, Czech Republic, Sweden, The Netherlands, Austria).

## POWDERS AND SUPERFOODS

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**Benefits:** Known for centuries from naturopathic medicine, rose hips are a rich source of vitamins (A, B, C), fruit acids, oils, minerals, fiber and trace elements. Rose hips contain about 20 times as much Vitamin C, compared with the prime example of lemons – this makes them a great addition to our vitamin needs during the cold period of the year. The active ingredient galactolipid is a unique feature of rosehip. Its anti-inflammatory properties are said to reduce symptoms of joint pain and arthritis.

**Uses:** Rosehip powder is the perfect addition for smoothies and juices, cereals, tea, and can even be used as flour for baking. Thus, you can ensure you are taking advantage of the numerous benefits and vitamins in rose hips with minimal effort. A tsp of rosehip powder, one to two times daily (about 5g in total) is considered sufficient.

**Packaging:** 500g, 1000g and bulk

DURCHSCHNITTLICHER ENERGIE- UND NÄHRSTOFFGEHALT PRO 100G EN: NUTRITION FACTS (AMOUNT PER 100 G) / FR: VALEUR NUTRITIONELLE MOYENNE POUR 100GR / IT: VALORI NUTRIZIONALI PER 100 GR ES: INFORMACIÓN NUTRICIONAL (POR 100 G)	
<b>BRENNWERT</b> EN: CALORIES / FR: VALEUR ÉNERGÉTIQUE / IT: VALORE ENERGETICO / ES: VALOR ENERGÉTICO	1189 kJ 284 kCal
<b>FETT</b> EN: TOTAL FAT / FR: LIPIDES / IT: GRASSI / ES: GRASAS <b>DAVON GESÄTTIGTE FETTSÄUREN</b> EN: SATURATED FAT / FR: DON'T ACIDES GRAS SATURÉS / IT: DI CUI SATURI / ES: DE LAS CUALES SATURADAS	2,2 g 0,4 g
<b>KOHLLENHYDRATE</b> EN: TOTAL CARBOHYDRATES / FR: GLUCIDES / IT: CARBOIDRATI / ES: HIDRATOS DE CARBONO <b>DAVON ZUCKER</b> EN: SUGARS / FR: DON'T SUCRES / IT: DI CUI ZUCCHERI / ES: DE LOS CUALES AZÚCARES	45,0 g 24,3 g
<b>EIWEIß</b> EN: PROTEIN / FR: PROTÉINES / IT: PROTEINE / ES: PROTEÍNAS	4,4 g
<b>SALZ</b> EN: SALT / FR: SALE / IT: SEL / ES: SAL	0,5 g
<b>BALASTSTOFFE</b> EN: FIBER / FR: FIBRA / IT: FIBRE / ES: FIBRA	33,8 g

# BEE POLLEN



**Benefits:** Bee pollen is a unique source of nutrients and has a particularly high concentration of proteins, amino acids and unsaturated fatty acids. These are supplemented by vitamins (including C, B1 and B2, E), minerals and trace elements (including calcium, iron, potassium and phosphorus). It is not without reason that bee pollen has been considered a superfood for centuries and is said to be beneficial for a person's general well-being.

**Uses:** Bee pollen can serve as a perfect complement to nearly every meal. It is a great addition to muesli or breakfast yoghurt, various drinks (for example, dissolved in a smoothie, milk or water), added as a topping in salads, or mixed into the dough used for pastries. A tsp (about 5-10g) a day helps to deliver the beneficial effects for your overall well-being.

**Packaging:** 250g, 500g, 1000g and bulk

DURCHSCHNITTLICHER ENERGIE- UND NÄHRSTOFFGEHALT PRO 100G	
EN: NUTRITION FACTS (AMOUNT PER 100 G) / FR: VALEUR NUTRITIONNELLE MOYENNE POUR 100GR / IT: VALORI NUTRIZIONALI PER 100 GR / ES: INFORMACIÓN NUTRICIONAL (POR 100 G)	
<b>BRENNWERT</b> EN: CALORIES / FR: VALEUR ÉNERGÉTIQUE / IT: VALORE ENERGETICO / ES: VALOR ENERGÉTICO	1544 kJ 365 kCal
<b>FETT</b> EN: TOTAL FAT / FR: LIPIDES / IT: GRASSI / ES: GRASAS	4,2 g
<b>DAVON GESÄTTIGTE FETTSÄUREN</b> EN: SATURATED FAT / FR: DON'T ACIDES GRAS SATURÉS / IT: DI CUI SATURI / ES: DE LAS CUALES SATURADAS	1,2 g
<b>KOHLENHYDRATE</b> EN: TOTAL CARBOHYDRATES / FR: GLUCIDES / IT: CARBOIDRATI / ES: HIDRATOS DE CARBONO	59,0 g
<b>DAVON ZUCKER</b> EN: SUGARS / FR: DON'T SUCRES / IT: DI CUI ZUCCHERI / ES: DE LOS CUALES AZÚCARES	35,8 g
<b>EIWEIß</b> EN: PROTEIN / FR: PROTÉINES / IT: PROTEINE / ES: PROTEÍNAS	22,6 g
<b>SALZ</b> EN: SALT / FR: SALE / IT: SEL / ES: SAL	0,16 g

# MILK THISTLE SEED POWDER



**Benefits:** Milk thistle has been used for centuries as a herbal remedy for a variety of diseases, mostly kidney, liver, and gallbladder problems. The substance flavonoid, called silymarin, in milk thistle supposedly protects the liver from toxins. Silymarin may help the liver repair itself by growing new cells due to its antioxidant and anti-inflammatory properties. The milk thistle has a nice nutty savour. The seeds are difficult to eat directly that is why the most preferable way of consumption is as powder.

**Uses:** The typical use of dried milk thistle seed powder is in the preparation of smoothies. Also, the product can be added in salads, shakes, soups or juices. Take half a teaspoon of powder, sprinkle on the dish and stir.

**Packaging:** 500g, 1 kg and bulk



# NETTLE LEAF POWDER



**Benefits:** Dried nettle leaves not only help in the absorption of nutrients, they are also rich in minerals (such as potassium, calcium and magnesium), as well as vitamins (especially C, but also vitamins B, and vitamin E). They are also high in beta-carotene (several times more compared to a carrot). Therefore, they are said to be an excellent booster for the immune system, promote strengthening of bone structure and improve metabolism, skin (fight acne) and hair.

**Uses:** The typical use for dried nettle leaf powder is in the preparation of green smoothies. In addition to this, nettle leaves powder can be used to cook a purely vegetable soup or meal (by adding a bit of flour) and sauces. Modern nettle dishes can include preparing falafel, adding them into egg dishes (instead of spinach for example).

**Packaging:** 250g, 500g and bulk



# GRAPE SEED FLOUR



**Benefits:** Flour from grinding grape seeds is rich in fibres. For centuries, grapes, like honey, have been believed to have healing properties. Some people believe that its active ingredients easily penetrate the blood and are quickly absorbed by the body, improving peripheral blood circulation and restoring the lost activity of capillaries and blood vessels. The ancient Romans and Greeks valued the properties of grapes and often consumed and processed them.

**Uses:** Grape seed flour can be used as an addition to smoothies, yogurt, various types of milk, muesli, soups and desserts. It can be used and added to bread, pizza or pastries. It gives a light nutty taste to food. Replacing one or two tablespoons of wheat flour is enough. It is often found in the composition of cosmetic products such as creams and masks. You can use it to prepare homemade face masks to nourish, soothe and refresh the skin.

**Packaging:** 500g, 1000g and bulk



# CAROB POWDER

**Benefits:** Carob flour has become popular in recent years as a healthy alternative to cocoa, especially with parents that avoid giving cocoa to their kids because of its arousing properties. Apart from resembling cocoa in taste and appearance, in some respects it is the better choice because it also serves as a natural sweetener, whereas cocoa needs the extra sugar to acquire a pleasant taste.

**Uses:** Carob flour is most often used in the preparation of cakes as a substitute for cocoa. It can easily replace the amount of cocoa in the recipe. Due to the high sugar content, it can also be used as a substitute for sugar in some pastries. It can also be used for caramel cream, sauces, spices, jams and ice cream.

**Packaging:** 250g, 500g and bulk



# ORGANIC MATCHA POWDER

**Benefit:** Matcha is believed to have many supposed benefits such as a strong invigorating effect, relaxing effect, to be stimulating fat metabolism, improving memory and concentration, relieving stress and mental tension. Matcha contains caffeine, but less than coffee or black tea.

Matcha leaves are grown on green tea bushes. For three to four weeks before harvest the plant grows under the shade. During this period the plant produces theanine and caffeine. The leaves are picked by hand. The traditional grinding technology is entirely manual with granite stones, and only 40g of healthy powder is prepared in one hour.

The Japanese tea ceremony with matcha tea was originally developed as a spiritual practice and meditation. The principles of harmony, respect, tranquility and purity are also present in the tea ceremony nowadays.

**Uses:** To prepare matcha tea, add 70ml hot but not boiling water (about 70 °C) to 1/4 tsp. (1g) matcha powder and mix well. For a creamier texture, you can use a traditional bamboo tea brush or use a spoon, a small wire whisk or an electrical foam appliance. Matcha powder can be mixed with other teas, shakes and drinks. It is suitable for preparing various desserts and sauces. Instead of using water, milk (regular, coconut, almond or other) can be added to prepare a matcha latte.

**Packaging:** 100g, 200g and bulk



# HERBS

Nettle leaves	14	Verbena	29
Raspberry leaves	15	Goldenrod	30
Yarrow	16	Bedstraw	31
Hawthorn	17	Willowherb	32
Greek mountain tea	18	Catnip	33
St. John's wort	19	Moringa	34
Horsetail	20	Meadowsweet	35
Dandelion leaves	21	White horehound	36
Dandelion root	22	Spearmint	37
Licorice root	23	Chamomile	38
Sage tea	24	Marigold	39
Elderflower tea	25	Lavender	40
Shepherd's purse herb	26	Rose buds	41
Lady's mantle herb	27	Hibiscus flowers	42
Mulberry leaves	28	Honeybush	43

# NETTLE LEAVES

**Benefits:** Dried nettle leaves not only help in the absorption of nutrients, they are also rich in minerals (such as potassium, calcium and magnesium), as well as vitamins (especially C, but also vitamin B complex and vitamin E). They are also high in beta-carotene (several times more compared to a carrot). Therefore, they are said to be an excellent booster for the immune system, promote strengthening bone structure and improve metabolism, skin (fight acne) and hair.

**Uses:** The typical use for dried nettle leaves is in the preparation of tea. In addition to this, nettle leaves can be used to cook a purely vegetable soup or meal (by adding a bit of flour). Modern nettle dishes can include preparing falafel, adding them into egg dishes (instead of spinach for example) or mixing them into green smoothies.

**Packaging:** 250g and bulk





# RASPBERRY LEAVES

**Benefits:** Raspberry leaf tea is said to have soothing, beneficial effects, especially for pregnant women. It is said that the tea can potentially help to facilitate a gentle, stress-free and relaxed birth. Empirical studies have shown that regular use, especially during the last weeks of pregnancy, can help pregnant women have a shorter period of contractions and generally experience childbirth as less painful and problematic.

**Uses:** The dried, cut raspberry leaves are most commonly used for cooking tea. Pour 1 tsp per cup (250ml) with boiling water and cover for 5-10 minutes depending on your taste.

**Packaging:** 125g, 250g and bulk



# YARROW

**Benefits:** Yarrow is said to have beneficial effects on digestive and stomach issues (e.g., upset stomach and diarrhea). Other uses include the tackling of colds, liver disorders and asthma. This powerful plant is also believed to have an accelerating effect on wound and skin healing.

**Uses:** Dried and cut yarrow leaves and blossom are primarily used for the preparation of tea. Pour one tsp per cup (250ml) in boiling water and leave for 5 to 10 minutes depending on taste preference. A slight bitterness develops the longer the herb is left in hot water before being strained.

**Packaging:** 250g, 500g and bulk



# HAWTHORN

**Benefits:** Hawthorn is said to have numerous health benefits for the heart. Examples include relieving and improving symptoms associated with congestive heart failure, chest pain, and irregular heartbeat. Additionally, it is commonly used for normalizing blood pressure levels (both from high and low), improving atherosclerosis and reducing cholesterol. Other uses are the treatment of tapeworm and other intestinal infections, as well as the reduction of anxiety.

**Uses:** Hawthorn leaves are primarily used for the preparation of tea. Pour 1 tsp per cup (250ml) in boiling water and leave to taste for 6 to 8 minutes. In addition to consuming the leaves in tea form, hawthorn berries are also commonly eaten for the health benefits mentioned above.

**Packaging:** 250g, 500g and bulk



# GREEK MOUNTAIN TEA

**Benefits:** Sideritis, also known as Greek mountain tea, is rich in antioxidants and has an anti-inflammatory effect. Most commonly, it is used to prevent and help with colds, indigestion, respiratory problems and other aches due to its beneficial effect on the immune system. Further, it is said to have a soothing effect and provide relief in cases of mild anxiety.

**Uses:** Sideritis' primary use is for boiling tea. One or two flower stems per cup (250ml) are poured with boiling water. They must be left covered for about 10 minutes to get the optimal taste and nutritious results.

**Packaging:** 100g and bulk



# ST. JOHN'S WORT

**Benefits:** It is widely believed that St. John's wort works as an antidepressant, even though its effects on the body are not yet fully understood. It is said to improve mood, reduce anxiety and help with symptoms associated with PMS. It is an excellent alternative to prescription medication that can be explored, as it has very limited side-effects.

**Uses:** Most popular is dried, cut St. John's wort for cooking tea. Pour 1-2 tsp per cup (250ml) with boiling water and cover for 10 minutes depending on your taste.

**Packaging:** 250g, 500g and bulk



# HORSETAIL

**Benefits:** Dried horsetail is said to have numerous beneficial health effects. Due to its high concentration of silica, it is said to have bone strengthening effects, while also aiding in the maintenance of healthy tissues, skin and hair. It can even speed up wound healing. Further, it is said to have beneficial effects on kidney and bladder health and is used for reducing fluid retention.

**Uses:** Most popular is dried, cut horsetail for cooking tea. Cook 2 tsp per cup (250ml) for about 5 minutes and then leave covered for about 10-15 minutes.

**Packaging:** 250g and bulk



# DANDELION LEAVES<sup>🌿</sup>

**Benefits:** Dandelion leaves, much like other parts of the dandelion (such as its roots) are believed to have many beneficial properties. They are rich in antioxidants and anti-inflammatory ingredients and have demonstrated positive effects on cholesterol reduction, as well as on lessening the extent of liver damage. Further, they are an excellent source for vitamins and minerals, such as Vitamin A and iron among others.

**Uses:** Most popular are dried dandelion leaves for cooking tea. Pour 2 tsp per cup (250ml) with boiling water and cover for 8-10 minutes depending on your taste. Alternatively, they can also be used to enrich spices and salad dressings.

**Packaging:** 250g, 500g and bulk



# DANDELION ROOT – WHOLE, GROUND<sup>🌿</sup>

**Benefits:** The roots of the dandelion have been used for thousands of years as a food and medicine to treat anemia, skin problems, blood disorders, depression, digestion problems and to stimulate appetite. The whole dandelion plant is edible from root to blossom. The roots of the dandelion are collected in the fall, after the flowers and leaves of the plant wither. They are dug, cleaned of soil and root collar and washed with cold water. After draining, the roots are dried until they stop secreting milk juice.

**Uses:** Dandelion roots are most often used to prepare tea or decoction. To make tea, pour cold water over 2 tsp per cup (250ml), boil, then leave to stand covered for about 10 minutes.

**Packaging:** 250g, 500g and bulk



# LICORICE ROOT

**Benefits:** The licorice plant is well known in Western and Eastern medicine and originally comes from the Middle East and India. It is a perennial legume. Licorice root has been used for centuries to help treat a variety of diseases. Herb medicine believes that Licorice root can treat a number of health conditions such as hormonal disorders for women. Further, it may help balance blood sugar levels, improve insulin sensitivity and possibly treat a number of other health conditions such as bronchitis, eczema and different ailments.

**Uses:** Most popular are the dried, sliced licorice roots for making tea. Boil 2 tsp per cup (250ml) for approx. 10 to 12 minutes and allow to rest covered before drinking. Licorice roots are commonly used to improve the taste of various medicines, as well as in soft drinks and sweets. The most famous of them is licorice candy.

**Packaging:** 250g, 500g and bulk



# SAGE TEA

**Benefits:** Sage belongs to the mint family. Originally from the Mediterranean region, it has been consumed there for thousands of years. This is one of the medicinal herbs with the longest application. The word salvia comes from the Latin word "salvāre" which means to save, cure or to heal. In 2001, the International Herbal Association named sage the "Herb of the Year".

The ancients valued the healing properties of sage. They used it to preserve meat. In Arab countries of the tenth century, doctors believed that sage provided immortality. In fourteenth century Europe, some people used it to prevent magic.

Today some people use sage as a natural detoxifier and as an anti-inflammatory. Also, traditional medicine believes that sage tea helps the memory and is supportive for the brain function. Correspondingly, sage tea may be good for a sore throat, could help with weight loss, controlling blood pressure and decreasing menopause symptoms.

**Uses:** Sage tea is made from steeping sage leaves in boiling water. Put 2 tsp dried sage and let it steep in the boiling water for 3-5 minutes, then strain the leaves. Some sugar or honey can be added for taste.

**Packaging:** 250g and bulk



# ELDERFLOWER TEA

**Benefits:** The aroma of an elderberry has a relaxing effect, and supposedly calms the nerves and symptoms of depression. Herbalists use the elderflower as an anti-inflammatory, antioxidant, diuretic and antibacterial agent. It is commonly used against colds, bronchitis, runny nose, fever, sore throat and as an emollient for hoarse voice. In some northern countries, summer is said to begin when the elderberry blooms and end when the fruit ripens in later August. The charming aroma of the blossoming elderberry is typical for the summer period of the year.

**Uses:** Most commonly the elderflower is used for tea and infusion. Steep 2-3 tsp of the dried herb in boiling water (250ml) for about 10-12 minutes and then strain the herb out.

**Packaging:** 125g, 250g and bulk



# SHEPHERD'S PURSE HERB

**Benefits:** The shepherd's purse is among the best-known and widespread wildflowers in many countries. It is found in several separate species, and the most common is the common shepherd's purse (*Capsella bursa-pastoris*). The greatest interest is in the aboveground parts of the plant, especially the flowers. The shepherd's purse is collected in early summer during flowering. Its aroma is weak and its taste slightly bitter.

Traditional medicine has used the shepherd's purse for centuries as a hemostatic agent for making compresses in the treatment of bleeding and difficult to heal wounds, as well as varicose veins and hemorrhoids. It is also often prepared as a tea or decoction for light bleeding or heavy menstruation. It is believed that the vitamins and minerals contained in it help to stimulate the contraction of smooth muscle in the walls of blood vessels and reduce bleeding.

**Uses:** Most commonly dried shepherd's purse is used as a tea. Pour boiling water over two tsp per cup (250ml). Let it steep for 8-10 minutes, and it is ready to drink.

**Packaging:** 250g and bulk



# LADY'S MANTLE HERB

**Benefits:** Lady's mantle herb lives up to its name and is supposedly beneficial for a variety of female indispositions. It is said to have positive effects on regulating menstruation by stimulating progesterone production, as well as to reduce menstrual bleeding. Further, it is believed to reduce menstrual pain and menopausal symptoms, such as hot flashes or sweating.

**Uses:** Most popular is lady's mantle herb for cooking tea. Pour 2 tsp per cup (250ml) with boiling water and cover for 8-10 minutes depending on your taste.

**Packaging:** 125g, 250g and bulk



# MULBERRY LEAVES

**Benefits:** Mulberry trees produce aromatic berries that are enjoyed around the world and often deemed superfoods due to the concentration of vitamins, minerals, and powerful plant compounds. However, the fruit is not the only part of the mulberry tree that is said to offer health benefits. For centuries, its leaves have been used in traditional medicine as a natural treatment for a variety of conditions. It is said to have positive effects on blood sugar and insulin levels. Further, it is believed to reduce the risks of atherosclerosis by lessening the oxidization of cholesterol in blood vessels. In addition, it is said to help prevent diabetes by restricting the high amount of monosaccharide to enter the circulation.

**Uses:** Mulberry leaves are mostly used for tea. Pour 1 tsp per cup (250ml) of boiling water and cover for 3-5 minutes depending on your taste.

**Packaging:** 125g, 250g and bulk



# VERBENA

**Benefits:** Verbena tea is said to have a calming effect, e.g., to help relieve stress and promote sleep. Verbena has long been used in folk medicine as a relaxant or nerve tonic and it is said to help against antibiotic-resistant bacteria and fungi.

**Uses:** It may be consumed in the form of tea, tincture, powder, or cream. Most popular is verbena for cooking tea. Pour 2 tsp per cup (250ml) of boiling water and cover for 5-10 minutes depending on your taste.

**Packaging:** 250g, 500g and bulk



# GOLDENROD

**Benefits:** Goldenrod is a popular ingredient in herbal supplements and tea. It is most commonly used for improving urinary health and reducing inflammation. According to researches, this species has great health benefits and it is believed to reduce inflammation, support urinary system health and prevent or reduce the accumulation of old, poorly functioning skin cells.

**Uses:** Most popular is goldenrod for cooking tea. Pour 2 tsp per cup (250ml) of boiling water and cover for 10-15 minutes, then strain.

**Packaging:** 250g and bulk





# BEDSTRAW

**Benefits:** Bedstraw is a herb that is said to have numerous benefits. It is commonly used for throat diseases, liver problems, lymph gland problems, skin diseases, kidney disease, rheumatism, depression, as well as for diseases of the spleen and pancreas. In folk medicine, bedstraw is used for patients suffering from goitre and thyroid disease. Washing the face and body could have an astringent and beautifying effect on the skin. Rinsing the scalp with the infusion of the herb supposedly helps reduce flaking of the scalp and dandruff. Fresh juice from the herb has a more non-traditional application for curdling milk.

**Uses:** Bedstraw leaves and flowers are most often used to make tea, decoction and infusion. For the preparation of a tea pour 2 tsp of the dried bedstraw per cup (250 ml) of boiling water and cover for 3-5 minutes.

**Packaging:** 250g, 500g and bulk



# WILLOWHERB

**Benefits:** The herb is also known as fireweed and "Ivan chai". The herb supposedly has an anti-inflammatory effect and is said to be used as a means of treating diseases related to the urinary tract and prostate. Therefore it is used for inflammation of the urinary system, kidneys, prostatitis, hypertrophy of the prostate, bladder and kidneys, for prostate adenoma in the initial stage, and for chronic cystitis. It also may help the period of menopause in women and can reduce painful menstruation.

**Uses:** Most popular are dried willow herb flowers and leaves for cooking tea. Pour 2 tsp per cup (250ml) of boiling water and cover for 10-20 minutes depending on your tastes and needs.

**Packaging:** 250g, 500g and bulk



# CATNIP

**Benefits:** Catnip is a herb from the mint family. The taste of the herb is a little spicy and the smell is light and pleasant. The herb gets its name from the fact that it attracts mature cats. According to observations, small cats do not show the same interest in the plant. For decades, people have used it to treat restlessness, sleep disorders and irritability in adults. It is believed to reduce anxiety and stress and has a beneficial effect on the nervous system. Catnip supposedly relaxes body tissues and relieves tension in the muscles and digestive tract and also has a mild sedative effect on the brain, which helps calm the mind, thoughts and leads to more restful sleep.

**Uses:** For the preparation of the catnip tea, pour 2 tsp of dried catnip per cup of boiling water and cover. Give the tea at least 10 minutes to steep before drinking. To mitigate the woody taste, add honey and lemon. Also, the dried herb can be used as a spice in salads, soups, sauces as well as for salad dressings and toppings.

**Packaging:** 100g and bulk



# MORINGA

**Benefits:** Moringa leaves have rich sources of vitamin K, A, E, protein, calcium and iron. Moringa tea flavour is very similar to that of green tea. However, it is less bitter and astringent than most types of green tea and can tolerate higher temperatures and longer brewing time. Moringa tea is often combined with honey, mint and cinnamon to balance the earthy notes.

**Uses:** The dried moringa leaves are most popular for brewing tea. Pour 2 tsp per cup (250ml) with fresh boiling water and leave it for approximately 6-8 minutes.

**Packaging:** 250g, 500g and bulk



# MEADOWSWEET

**Benefits:** Meadowsweet is a herb and has creamy-white flowers with sweet smell and calm energy. It was the favourite herb of Queen Elizabeth I. The traditional medicine paid attention to the Meadowsweet at the beginning of the 19th century, when Salicin (salicylates) were extracted from it. The name of aspirin comes from the word spiraea ulmaria, which is the old name of the meadowsweet. This is the harmless analogue of aspirin, which is a synthetic salicylic (salicylic) acid. Today, the herb is used mainly because of its high content of vitamin C and acetylsalicylic acid. The folk medicine is using meadowsweet tea for headache, vomiting, kidney problems, pain in the stomach and gastric complaints. The plant has a very fast and strong calming effect, which is felt in the first days of intake.

**Uses:** Use dried meadowsweet plants for tea preparation. Put 1 or 2 tsp of dry herb in a cup (250 ml) then pour in boiling water and cover for 8-10 minutes.

**Packaging:** 125g, 250g and bulk



# WHITE HOREHOUND

**Benefits:** White horehound is a flowering plant. It is supposedly a traditional remedy for bronchitis, flu and cold. The parts that grow above the ground are used to make medicine. In manufacturing, the extracts of white horehound are used as flavouring in foods and beverages, and as expectorants in cough syrups and tablets. Expectorants are ingredients that make it easier to cough up phlegm.

**Uses:** It is most often used to make tea, decoction and infusion. For the preparation of tea, put 2 tsp per cup (250 ml) of boiling water and cover for 2-3 minutes depending on taste preferences.

**Packages:** 125g, 250g and bulk



# SPEARMINT

**Benefits:** Spearmint has a slightly sweet taste. It is often used to fight fungi and supposedly helps with digestive problems, reduces nausea, relaxes the stomach muscles and is considered a powerful antioxidant. It is believed to help with hormonal problems in women and reduces overall body tension and stress. Spearmint is often used to flavour toothpaste, mouthwash, chewing gum and candy.

**Uses:** Dried spearmint leaves are commonly used for tea. Pour 1-2 tsp per cup (250ml) of freshly boiled water and cover for 8-10 minutes depending on your taste. In addition, it can be used with honey and lemon for emphasizing taste. The other very popular way for using the dried leaves is to spice beans, lentils, and other vegetarian meals as well as for topping, sauces and soups.

**Packaging:** 125g, 250g and bulk



# CHAMOMILE

**Benefits:** Chamomile flower tea is well known for its soothing effects which may also contribute to improved sleep quality. Its lesser known benefits are believed to be reducing menstrual pain and promoting digestive health. Chamomile tea is also supposed to reduce blood sugar levels and have positive effects on skin, hair and bones (for example in cases of osteoporosis).

**Uses:** Most popular are dried chamomile flowers for cooking tea. Pour 2 tsp per cup (250ml) with boiling water and cover for 8-10 minutes depending on your taste.

**Packaging:** 250g and bulk



# MARIGOLD

**Benefits:** Marigold flowers, also commonly known as calendula, are recognizable due to their distinct orange color. They have been used for centuries as tea dried flowers or for the production of ointments, especially for their supposedly beneficial effects on skin and eyes. The ointments also have natural antiseptic and bug-repellent effects. Marigold flower tea may also help with digestive system complaints, hemorrhoids and help ease spasms and cramps.

**Uses:** Most popular are dried marigold flowers for cooking tea. Pour 2-3 flowers per cup (250ml) with boiling water and cover for 6-8 minutes depending on your taste. The dried flowers can also be used for salad dressings and toppings, as well as for the creation of home-made soap.

**Packaging:** 125g, 250g and bulk



# LAVENDER

**Benefits:** Lavender is said to have many beneficial effects. Lavender is commonly used against anxiety, stress, and insomnia. It is also used against depression, dementia, pain after surgery, and many other conditions. The herb is highly regarded for skin and beauty treatments and is commonly used in fragrances and shampoos to help purify the skin. In foods and beverages, lavender is used as a flavour component.

**Uses:** Lavender is most commonly used in aromatherapy and decoration and might also be used for tea and cooking.

**Packaging:** 250g and bulk



# ROSE BUDS

**Benefits:** The rose has been valued for its beauty and its perfume for thousands of years. Rose tea can help strengthen the immune system and support the digestive system by eliminating constipation. Roses are loaded with flavonoids which may provide powerful antidepressant effects.

**Uses:** Uses are plentiful and rose buds can be administered as a tea, decoration, bath herb, pillow mix, etc.

**Packaging:** 50g, 100g and bulk



# HIBISCUS FLOWERS

**Benefits:** The dried parts of the hibiscus plant are usually used for tea. It is very popular as an antioxidant and is commonly used in herbalism to reduce blood pressure. Hawaiians believe that hibiscus comes from Paradise and it is also used as the main decoration of clothing for local dances. The hibiscus tea flavour resembles that of forest fruit and has a strong red colour. The hibiscus tea can be enjoyed both hot and cold with ice.

**Uses:** The dried hibiscus flowers are commonly used for cooking tea. For hot tea: Pour 1 or 2 tsp per person in freshly boiled water in a cup (250ml) and cover for around 3-5 minutes. For cold drink: Pour 1 or 2 tsp per person of the dried tea in freshly boiled water (1/3 of your cup) and brew for 5-10 minutes. Pour cold water, ice and decorate with fruits.

**Packages:** 125g, 250g and bulk.



# HONEYBUSH

**Benefits:** Honeybush is a plant belonging to the Fabaceae family and comes from the South African shrubs. It has a very delicate and delicious sweet taste. The tea has been used to treat multiple ailments since the beginning of the 19th century. Most of its potential health benefits are linked to its antioxidant effect.

**Uses:** Honeybush dried plant is most popular for steeping tea. Pour 2 tsp per cup (250ml) in boiling water and steam for 3-5 minutes depending on your taste preferences. A warm cup of this tea can become part of your nighttime routine or you can pour it into an ice-filled glass to make ice tea.

**Packaging:** 125g, 250g and bulk



# SPICES

Cinnamon powder	45	Caraway seeds	67
Ceylon cinnamon sticks	46	Allspice berries	68
Ginger powder	47	Dill tips	69
Turmeric powder	48	Rosemary	70
Horseradish powder	49	Oregano	71
Mustard powder	50	Lovage	72
Mustard seeds (yellow, white)	51	Basil	73
Mustard seeds (black, brown)	52	Marjoram	74
Granulated garlic	53	Parsley	75
Garlic powder	54	Tarragon	76
Granulated onions	55	Thyme	77
Sumach powder	56	Hot smoked paprika	78
Nutmeg - whole, ground	57	Sweet & hot curry powder	79
Cumin - whole, ground	58	Tandoori masala	80
Coriander - whole, ground	59	Tikka masala	81
Fenugreek - whole, ground	60	Cajun	82
Ground cardamom	61	Black pepper	83
Fennel seeds	62	Green pepper	84
Dill seeds	63	White pepper	85
Anise seeds	64	Pink pepper	86
Star anise whole	65	Mixed pepper	87
Black cumin seeds	66	Cubeb pepper	88

# CINNAMON POWDER (CEYLON)



**Benefits:** Ceylon cinnamon is highly regarded for its anti-inflammatory and antioxidant effects that promote general health and boost the immune system. Due to its qualities, it is believed to potentially have positive effects on diabetes and cancer treatment, Alzheimer's prevention and managing blood pressure.

**Uses:** Ceylon cinnamon has a variety of uses - it is especially popular for spicing pastries and sweets, porridge and various beverages. It is also a popular ingredient for various spice blends.

**Packaging:** 250g, 500g and bulk



# CEYLON CINNAMON STICKS



**Benefits:** Cinnamon is a highly delightful spice. The characteristics of cinnamon and its diverse uses are well known and widely used. Cinnamon sticks are therefore gaining more and more popularity in our everyday life. Ceylon cinnamon is most popular as true cinnamon. Cinnamon is commonly taken in folk medicine for flu, colds and to stimulate the immune system.

**Uses:** The cinnamon sticks can be used for refinement of dishes, spice mixtures, and for the preparation of desserts. Also, the Ceylon cinnamon sticks would be suitable for enhancing the flavour of various beverages such as coffee, cappuccino, and tea.

**Packaging:** 125g, 250g and bulk





# GINGER POWDER



**Benefits:** Ginger is most commonly used to relieve the effects of flu and colds, as well as to help with pain and nausea. It is highly regarded for its supposed anti-inflammatory qualities and for its positive influence on the digestive system.

**Uses:** Ginger powder is perfect for making tea, for refining dishes and spice blends - especially Asian. One tsp of the powder is sufficient for one teapot (750ml). Let it cook for 5 minutes and enjoy.

**Packaging:** 250g, 500g, 1kg and bulk



**Benefits:** Turmeric is highly regarded due to the anti-inflammatory and antioxidant effects of its main active ingredients, especially those of curcumin. It is also said to drastically reduce the risk of brain-related as well as cardiovascular diseases.

**Uses:** Turmeric powder is perfect for refining not only Asian dishes and spice mixtures, but also for coloring food, such as curries. It is also often used to spice up smoothies, mueslis and various other drinks.

**Packaging:** 500g, 1kg and bulk



# HORSERADISH POWDER



**Benefits:** Horseradish powder comes from horseradish plant roots. They are frequently used as a spice to add a savoury taste to food. Some people take horseradish as a medicine for respiratory tract, cough, kidney stones and urinary tract infections.

**Uses:** The Horseradish powder is most commonly used in preparation of mustard, sauces and cocktails. To make mustard, you can mix together 2 tsp horseradish powder, 2 tsp mustard powder, and 2 tsp vinegar. For cocktail sauce, you can mix 2 tsp powder with 1 cup ketchup (250 ml), with black paper and add to vodka for the cocktail Bloody Mary.

**Packaging:** 250g, 500g and bulk



# MUSTARD POWDER



**Benefits:** Mustard seeds and their powder are said to be a very valuable product for a variety of reasons. Studies suggest they are effective in fighting and inhibiting the growth of cancer cells. Additionally, it has been shown that regular use may result in the improvement of respiratory diseases, as well as various aches and pains.

**Uses:** Mustard powder is perfect for refining dishes and spice blends. For instance, it is used not only for the production of mustard, but also for crafting marinades for meat and fish as well as for various dressings and sauces.

**Packaging:** 250g, 500g and bulk



# MUSTARD SEEDS (YELLOW, WHITE)



**Benefits:** In addition to the already listed potential benefits in terms of cancer treatment, respiratory diseases and aches and pains, mustard seeds and their powder are said to improve skin and hair quality.

**Uses:** Much like mustard powder, mustard seeds are perfect for refining dishes and spice blends. They are used for the production of mustard, for crafting marinades for meat and fish as well as for various dressings and sauces.

**Packaging:** 500g, 1kg and bulk



# MUSTARD SEEDS (BLACK, BROWN)



**Benefits:** Black, brown mustard seeds are small little strong flavoured seeds used most commonly in East and Asian cooking. They are the strongest of all mustard seeds. The tiny seeds are dark brown with a slightly reddish colour to some of them.

**Uses:** Mustard seeds are ideal for refining not only dishes but also the mixtures of spices. In particular, mustard seeds are used for the production of mustard, and for refining marinades for meat, fish, various dressings, tartar sauces and other sauces.

**Packaging:** 500g, 1kg and bulk



# GRANULATED GARLIC



**Benefits:** Garlic and the granules produced of it are rich in nutrients, such as manganese, selenium, fiber and Vitamin B6 and C. For thousands of years it has been used for its supposed medicinal properties. It is believed to help fighting common cold, improve general health and well-being, as well as more specifically lower cholesterol and blood pressure levels.

**Uses:** Garlic granulate is perfect for refining various dishes as well as spice mixes, marinades, dressings and sauces. You can safely leave out the unpleasant part of the preparation of fresh garlic, while enjoying its taste.

**Packaging:** 250g, 500g, 1kg and bulk



# GARLIC POWDER



**Benefits:** Garlic has most commonly been used for centuries to improve the immune systems. In folk medicine people have used garlic for problems with the heart and blood system. Garlic powder is a spice that is obtained from dehydrated garlic and is used in cooking to improve the taste. The process of making garlic powder involves drying and dehydrating the vegetables.

**Uses:** Garlic powder has a wide range of possible uses. The ground garlic powder is therefore becoming increasingly popular in foods and beverages to add taste. It is also suitable for flavouring various dishes as well as spice mixes, marinades, dressings and sauces. You can safely leave out the unpleasant part of processing the fresh garlic, while enjoying its taste.

**Packaging:** 250g, 500g, 1kg and bulk



# GRANULATED ONIONS



**Benefits:** Granulated onions are used as a type of seasoning. The concentrated flavoured granules are obtained from dehydrated onions. This substance is made of dehydrated onions ground, most commonly from the bulb onions. Due to the dehydration, the product has a longer shelf life. Dried onions are said to prevent bacterial infestation and help reduce risk of various bacterial and fungal infections.

**Uses:** The onion granulate is perfect for refining various dishes as well as spice mixtures, marinades, dressings, and sauces. The granulated onions can replace the traditional onion taste in your food and beverages. No crying! Guaranteed.

**Packages:** 250g, 500g and bulk



# SUMACH POWDER



**Benefits:** Sumac is one of the most potent spices with regard to anti-inflammatory qualities. Further, it is believed to be beneficial in cases of type 2 diabetes in terms of reducing risks related to cardio-vascular diseases.

**Uses:** Sumac powder is perfect for refining oriental dishes and spice blends. These are used, for example, with dishes such as kebab and other grilled meat, as well as with side dishes, mezzes and dressings. It is considered to be an excellent substitute for vinegar or lemon in many cuisines, such as the Armenian, Iranian or Lebanese.

**Packaging:** 125g, 250g and bulk



# NUTMEG – WHOLE, GROUND

# CUMIN – WHOLE, GROUND

**Benefits:** Nutmeg has a warm spicy flavour and it is packed with nutrients such as vitamins and minerals: B1, B6 and magnesium. Nutmeg is used more as a spice for desserts, drinks and spicy, oriental dishes than as tea.

**Uses:** You can use nutmeg as an addition to coffee or tea, as well as for extra heat in drinks or meals.

**Packaging:** Powder – 250g, 500g and bulk;  
Whole – 125g, 250g and bulk



**Benefits:** Cumin has a strong smell and spicy taste. It has been known and used as a spice since the middle ages. In folk medicine, cumin has been used for bloating, digestive problems, nerve sedative and to increase breast milk in the form of infusion.

**Uses:** The fruits of the cumin plant are an ingredient for curry and garam masala. Pour 1 tsp of cumin in your dishes for a more oriental taste. Whole and ground cumin can be integral parts of sausages from minced meat, homemade sausages, hummus (used ground as a powder). It is used for flavouring pasta, in the preparation of dishes from minced meat, sauerkraut with meat, cabbage with rice, grilled dishes, and salty biscuits.

**Packaging:** Powder – 250g, 500g and bulk;  
Whole – 125g, 250g and bulk



# CORIANDER – WHOLE, GROUND



**Benefits:** Coriander seeds have warm flavour, something between sage and citrus. Coriander is both a spice and a herb (both seeds and leaves are used). Coriander seeds are source of manganese, iron, magnesium and fiber. It is said to be beneficial for better digestion, for detoxification, and for overall stimulation of the immune system.

**Uses:** For tea preparation: Pour 2 tsp per cup (250ml) of boiling water and cover for 10 minutes until it slightly cools down. Coriander seeds and powder are perfect for refining dishes and spice blends. For instance, coriander is used in curries, different chutneys, dips, and various Indian dishes. It is used in the preparation of dishes with various types of heavy meats such as mutton and beef.

**Packaging:** Powder – 250g, 500g and bulk;  
Whole – 250g, 500g and bulk



# FENUGREEK – WHOLE, GROUND



**Benefits:** Fenugreek is a popular herb. The seeds have been used for centuries in cooking and in medicine. It could be said that Fenugreek fragrance and flavour are very close to maple syrup. That is why, it is also used as a flavouring agent in maple syrup substitutes, foods, beverages, and tobacco. In manufacturing, fenugreek extracts are used in soaps and cosmetics.

**Uses:** Fenugreek seeds are perfect for refining dishes and condiments. In particular, fenugreek is used for the production of chutneys and also for the refinement of curries. It can be used for seasoning eggs, cheese, and meat dishes. It can be mixed with salt for a special taste.

**Packaging:** 250g, 500g, 1kg and bulk



# GROUND CARDAMOM



**Benefits:** Cardamom has a strong, sweet, pungent flavour and aroma, with hints of lemon and mint. Cardamom has a smoky note and a cooling menthol taste. Cardamom seeds or pods are sometimes chewed to refresh the breath and as a digestive aid.

**Uses:** Ground Cardamom is commonly found in sweet dishes. It is used in the garam masala. The spice is also used for flavouring vegetables and meat dishes. It is added to Turkish coffee, tea and different drinks. It is a very intensive spice and can be easily used in food and drinks.

**Packaging:** 100g, 200g and bulk



# FENNEL SEEDS



**Benefits:** Fennel is a spice known since ancient times. In the past, the plant was used in medicine more than in cooking, but gradually proved its flavour. The Romans treated various ailments with it, the Greeks used it as an effective means of weight loss. In India, wild fennel has acted as an antidote to the bite of scorpions and less venomous snakes. It is also valued for the useful substances it contains - vitamins C, E, K, carotene and minerals such as zinc, potassium, calcium, and sodium.

**Uses:** Fennel seeds have a sweet aroma and enhance the flavours of curries, stews, bread, desserts and beverages. In some parts of the world, people chew plain fennel seeds after a meal for good digestion. The fennel seeds go very well with avocados, chicken and mutton dishes. However, for better flavour the fennel seeds go well with fish and fish delicacies. The spice is popular in Indian and Arabic cuisine.

**Packaging:** 250g, 500g and bulk





# DILL SEEDS



**Benefits:** Dill seeds have a sweet and pungent taste and a specific aroma characteristic to the essential oil as well. The seeds are commonly used for its supposed benefits for lack of appetite, colic, gallstone disease, nervous excitement, and digestive problems.

**Uses:** Dill seeds are most commonly used for tea. Pour 1 tsp dill seeds in boiling water in a cup of 250 ml and steam for 10 minutes. The dill seeds are used in cooking, medicine, food, cans and cosmetics. Different dishes such as fish, minced meat and potato can be flavoured with dill seeds.

**Packaging:** 250g, 500g and bulk



# ANISE SEEDS



**Benefits:** Anise seeds are used as a spice, they have very strong taste and aroma. The seeds are small brownish-grey and slightly curved. The seeds are most famous for the liquorice flavour of its leaves and seeds. A tea may relieve cough and congestion as well as a stomach-ache. In medieval England, King Edward I placed a special tax on anise to raise money to repair the London Bridge.

**Uses:** The anise seeds are used in confectionary and as added flavour to alcohol including ouzo and anisette. The seeds can be used for flavouring cookies, pastries, and confections. The unique aroma and taste of anise suggest their specific use in cooking. The anise seeds should be stored in airtight containers in dark rooms or cabinets. They can lose their aroma quickly.

**Packaging:** 250g, 500g and bulk



# STAR ANISE WHOLE

# BLACK CUMIN SEEDS



**Benefits:** Star anise comes from China and it is well known for more than 3 000 years. It came to Europe via sailors and soon after began to be very actively traded.

Star anise and anise seeds are not from the same plant but are often confused because of the name. Star Anise origins from the magnolia family whereas anise seeds belong to the parsley family. Star Anise seeds are used in cooking and have sweet anise flavor.

**Uses:** Due to its sweet taste, star anise is commonly used in jams, cakes, pudding and syrup. It is also used in beverages to i.e., flavor absinthe, liqueurs and pastis. It is very often used in the Chinese cuisine with roasted duck and other meats.

For preparing a fry chicken wing: First fry your chicken wing and then pour with sweet syrup, garlic, ginger, soy sauce, onions with vegetable oil and add some anise stars (1 or 2). Boil until the sauce is reduced.

**Packaging:** 125g, 250g and bulk



**Benefits:** Black cumin seeds contain many active substances. Historically, the black cumin seed has been used as a treatment for prevention of different diseases, for antibacterial and immune-stimulation processes.

**Uses:** The black cumin seeds are usually used in naan bread in India and in stirred fried dishes in the Middle East. A popular option is using it for sprinkling on vegetable dishes and salads as well. It can also be used in curry and lentil meals and pastries.

**Packaging:** 250g, 500g and bulk



# CARAWAY SEEDS

# ALLSPICE BERRIES



**Benefits:** Caraway is a fragrant plant that is often used for medical purposes. It has a slightly bitter earthy taste similar to anise, fennel and coriander. The seeds of the plant are since ancient times believed to be a remedy for digestive problems, including those associated with irritable bowel syndrome. In the middle ages, it was taken as a digestive aid after a heavy meal to prevent digestive problems. Nowadays, it is said to be used for prevention of gastric problems but also to increase breast milk in breastfeeding women, relieve bloating, colic and to improve appetite.

**Uses:** Caraway seeds are used whole or ground in cakes, bread, spicy dishes such as curry and in the preparation of stews. The seeds are used in high fat and more difficult to digest foods such as pork, goose pate and duck. The caraway seeds give an amazing taste to dishes and salads with cabbage, beets and carrots. For salad preparation: Grate some or all of the listed vegetables (cabbage, beets and carrots), mix with olive oil, salt and lemon and finally sprinkle with caraway seeds. For cooking purposes use 1/2 or 1 tsp of caraway seeds for 4 servings. Be careful because the taste of caraway seeds is pretty strong.

**Packaging:** 250g, 500g and bulk



**Benefits:** The allspice berries have a complex and specific smell, a combination of cinnamon, cloves and nutmeg. Allspice berries can be categorized as a specific spice. Used in meals they bring a distinguished taste and turn the dish into a masterpiece. This spice makes high-fat dishes lighter. On the Scoville scale for spiciness, allspice receives between 100 and 5,000 SHU. For many years people used them to prepare tea, as it is believed to relieve colds, ease menstrual cramps, and calm an upset stomach.

**Uses:** Allspice is used for marinades for meat and fish, as well as for various dressings and sauces. Add 2 to 3 berries to the meal for exotic and oriental flavour. It can bring a lovely taste to your mashed potatoes. Just add a few allspice berries to your boiled potatoes. When the potatoes are ready, remove the berries from the water and prepare the mashed potatoes as usual. Also, the allspice berries can be brewed as tea. Pour 2-3 allspice berries into boiling water per cup (250 ml) and steam for 5-10 minutes.

**Packaging:** 250g, 500g and bulk





**Benefits:** Dill has been used as a medicine, food and a magic herb since ancient times. The name dill comes from ancient Norse (Old Norwegian) word "dilla" which means to calm down, to soothe. Some cultures have used the dried herb to put it in the cradles of new-borns to soothe and put them to sleep, while others still make decoctions and tea to relieve colic in young babies. The ancient Romans gave dill tips to gladiators to be strong and endure hardships. In the middle ages it was used as a love potion, aphrodisiac and in sorcery. It has been used to fight insomnia as tea or infusion for adults. In folk medicine it is used in case of lack of appetite, colic, gallstone disease, nervous excitement, and digestive problems.

**Uses:** Culinary uses: Dried dill tips are perfect for garnishing tartar sauces, mayonnaise, smoked salmon, seafood and salad dressings. Take 1 tsp of the dried dill tips and slightly sprinkle at the end to add a finishing touch to the dish. For tea: Pour 2 tsp dried dill tips in freshly boiled water in a cup of 250 ml and steam for 3-5 minutes.

**Packaging:** 250g, 500g and bulk



**Benefits:** Rosemary is a sweet-smelling evergreen herb from the mint family. There are different interpretations of the origin of the name. One of them is that the name comes from two Latin terms 'ros' and 'marinus' which means "dew of the sea", due to its salty texture and its ability to thrive in coastal climates. Rosemary has been considered beneficial in strengthening the memory and as a symbol for faithful lovers. "There's rosemary, that's for remembrance. Pray you, love, remember.", said Ophelia in Hamlet. Rosemary has traditionally been used for muscle pain, improving memory, boosting the immune and circulatory systems, and promoting hair growth. One legend told that the rosemary wrapped itself around the Greek goddess of love and beauty, Aphrodite, who was born from the foam of the sea. The other one said that the Virgin Mary (the Mother of God - Jesus) had covered a flowering white rosemary bush with her blue coat. The flowers turned blue and the bush became known as the "Rose of Mary".

**Uses:** The dried rosemary is used as a culinary condiment for cooking potatoes, chicken and lamb dishes. Also, rosemary is used to make perfumes. For tea preparation, pour 2 tsp per cup (250ml) of boiling water and cover for 5-10 minutes depending on your taste.

**Packaging:** 250g, 500g and bulk





**Benefits:** Oregano is an aromatic herb from the mint family. It is well known as a main herb in different cultures and cuisines. It is believed that its consumption in various forms stimulates the secretion of sweat, digestive and bronchial glands, increases peristalsis and stimulates appetite. Oregano tea has been used as a natural remedy for indigestion, coughs, allergies, cramping, and to stimulate menstruation. In Greece and some Balkan countries, oregano infusion is still used as a supposed remedy against colds and upset stomach and to maintain general health.

**Uses:** In some cultures, dried oregano is one of the mostly-preferred types of tea for breakfast. For tea preparation: Pour 1 or 2 tsp of the dried oregano in boiling water (250 ml), cover for 3-10 minutes. It could be served with honey and lemon. For cooking purposes: Dried oregano, can be added early in the cooking processes unlike some other herbs. Dried oregano tolerates longer cooking times than most of spices. Its aromas are released when you crush it in your sauces and stew during the cooking process itself.

**Packaging:** 250g, 500g and bulk



**Benefits:** Lovage is a plant, a member of the parsley family. The flavour of lovage is something between parsley and celery and the aroma is quite distinctive. In folk medicine, people used it as a herb for the digestive tract, preventing kidney stones, increasing the flow of the urinary tract or improving the respiratory system. The herb lovage was well known to the Romans as food and medicine. In the early middle ages, it was used to make tonic drinks by the English.

**Uses:** It is a very popular spice for vegetable stews and soups, especially those with fish. For tea preparation: pour 1-2 tsp per cup (250ml) of boiling water and steam for 5-10 minutes depending on your taste. For cooking purposes, crush the dried lovage herb in the beginning of your cooking process for long lasting flavour.

**Packaging:** 125g, 250g and bulk





**Benefits:** Dried basil leaves have a pleasant, sweet and warm aroma and a slightly sharp taste. Basil is a herb from the mint family. Some people use it for colds, headaches, fluid retention and kidney condition. In herbal medicine, basil tea is used by nursing mothers to stimulate breast milk and increase blood circulation. In some cultures, basil leaves reduce itching and swelling from insects.

**Uses:** Dried basil is used to flavour different types of meat, fish, salads, and sauces. Dried basil tea is commonly used as a stimulant herbal tea. Pour 2 tsp dried basil per cup (250ml) with boiling water and cover for 4-8 minutes depending on your taste. It is used as a basis for pesto and adds a distinctive flavour to salads, pasta, pizza, and other dishes.

**Packaging:** 250g, 500g and bulk



**Benefits:** Marjoram is a plant commonly used as a cooking spice. According to Greek mythology, when Aphrodite (the Goddess of love and beauty) touched the plant marjoram, it gave it the power to be an aphrodisiac and was used to make love potions. The dried plant of marjoram is commonly used for its supposed benefits against cold, flu, irritating and dry coughs, swollen and runny nose and ear pain. Marjoram tea is said to be used by women to reduce the symptoms of menopause and to improve mood during PMS.

**Uses:** Culinary uses: Dried marjoram is commonly used as a spice in culinary. Crush 1 or 2 tsp of dried marjoram in a bowl mixed with olive oil, salt and lemon and spread on your salads (Greek salad: cut cucumber, tomato, green pepper and onion, add 3-4 olives) or grilled fish. For tea preparation: Pour 1 or 2 tsp per cup (250ml) in boiling water and leave for 5-10 minutes depending on taste preference. A slight bitterness develops the longer the herb is left in hot water before being strained.

**Packaging:** 250g, 500g and bulk





**Benefits:** Parsley is very common in European cuisines. In Balkan countries many dishes are served with parsley sprinkled on top. It is believed that parsley is rich in flavonoids and can reduce the risk of a number of health problems such as type 2 diabetes, colon cancer and heart disease. It is considered that the plant originates from Sardinia and was cultivated in around the 3rd century BC in Europe.

**Uses:** Dried parsley has a lovely aroma, good flavor and is a wonderful ingredient to any recipe. Rubbed parsley can i.e., flavor potato and vegetable salads, fish, meat dishes, pasta and yogurt dishes.

**Packaging:** 250g, 500g and bulk



**Benefits:** Tarragon is a strong aromatic and culinary herb. It is a cold-resistant plant and its leaves are rich in vitamins and minerals. Herb medicine uses tarragon for facilitating breathing, strengthening sleep, normalizing the acid of gastric juice and to reduce the bitterness left by some drugs. Some believe that tarragon stimulates the appetite. Possibly this is the reason why it is so commonly used in French cuisine.

The tarragon plant has different varieties - French tarragon, Spanish (also known as Mexican) and Russian. French and Spanish tarragon are more often used for cooking than Russian tarragon, which is mostly used to flavor different drinks.

**Uses:** Tarragon has a complex flavor that brings more taste to dishes. Tarragon is the main ingredient in the famous French Béarnaise sauce, but is also going very well with fish, poultry, eggs, pastries and sauces.

**Packaging:** 125g, 250g and bulk





**Benefits:** Thyme is an aromatic, earthy herb that grows in Europe and is widely used for tea and cooking. It is a member of the mint family and a very aromatic condiment.

The first Sumerians began to use it as an anti-inflammatory product about 5000 years ago. Later the Greeks began to use it as a spice in their plates. The herb was very popular in ancient Greece as a symbol of elegance, courage and a strong aphrodisiac. In ancient Rome, warriors bathed in water flavored with the thyme because they associated the herb with courage and strength. They believed that the water with thyme would bring them victory.

Thyme is regularly added to mouthwash and toothpaste to reduce dental plaque and improve oral hygiene. It is also used as an ingredient in drops and herbal cough medicines to help fight the virus responsible for the flu and colds. The herb is also used in traditional medicine for the treatment of angina and asthma. The herbalists think that thyme removes the secretions of the upper respiratory tract and has antimicrobial ingredients.

**Uses:** Dried thyme is perfect for refining various dishes. It is best known as one of the main components of the classic bouquet garni. Together with parsley sprigs, bay leaf and other herbs, it can revive the aroma of soups, stews and sauces. It is also a key element in the traditional dry spice Herbes de Provence.

Add thyme to a dish of potatoes or cabbage and it will change the taste of the meal in a delicious way. Adding thyme to traditional dishes amazingly changes their flavor. Thyme fits very well with pork, lamb and poultry.

To prepare a cup of thyme tea (250ml), pour boiling water over 1 tablespoon and leave it covered for 8 to 10 minutes, depending on your taste.

**Packaging:** 250g, 500g and bulk



**Benefits:** Hot smoked paprika adds a deep, rich taste to all dishes. It can be used instead of sweet red paprika when you want to add a spicy note to your dish or instead of either cayenne or red pepper flakes. Hot smoked paprika is made like other paprika powders from peppers that are smoked, dried and ground into a powder. This process gives the color and the flavor. The color can be different from a slight red-orange to a dark red and also the taste can be anything from bitter hot to sweet hot.

**Uses:** Hot smoked paprika is commonly used in dishes like Goulash, a slow-cooked red meat stew with vegetables, onions, potatoes and sour cream on the top of the dish as a finishing element. It is a good idea to heat the spice with a little olive oil for less than a minute at low heat to unlock its natural flavor. It is important not to be prepared in a high temperature cooking process directly as not to burn the very delicate paprika.

**Packaging:** 125g, 250g and bulk





# SWEET (SALT-FREE) & HOT CURRY POWDER



**Benefits:** Curry is the name of a mixture of spices. It is most often combined with rice, meat and vegetables. In British cuisine, curry is called meat sauce and the most famous curry dish is "Chicken with curry sauce". In Asian countries people believe that the mix of these spices reduces the risk of dementia, cirrhosis of the liver, protects against cardiovascular disease and strengthens the immune system. It is believed that curry acts as an antibiotic as it supposedly helps absorbing food and cleanses from toxins. Consumption of curry warms the body, which leads to the production of more endorphins - the hormone of happiness.

**Uses:** Curry powder can be used as a universal seasoning. It is usually used to flavour vegetables, meat, soups, sauces, stews, but it can also spice scrambled eggs, chicken and potato salad or virtually any other dish.

**Packaging:** 250g, 500g and bulk



# TANDOORI MASALA



**Benefits:** Tandoori Masala is a combination of different spices such as coriander, cumin, fenugreek, garlic, black pepper, ginger, cinnamon. At first, it was traditionally used to prepare naan bread. Stories say that at the beginning of 20th century a person named Kundan Lala Gujral worked in a restaurant in Pakistan. He experimented with spices and meat. Later he went to India and opened a restaurant and served a famous Tandoori Butter Chicken Masala.

It is thought that most of the spices used in Tandoori Masala have anti-bacterial properties. That is the reason many countries with hot climate use them in their cuisine.

**Uses:** Tandoori Masala is suitable for preparing tandoori chicken masala, vegetarian dishes, potatoes and meat in the oven or on the grill. It is also used in marinades with yogurt. Further, Tandoori Masala is used with seafood or with tofu.

**Packaging:** 250g, 500g and bulk





**Benefits:** Tikka Masala consists of coriander, cumin, garlic, paprika, ginger, chilli and peppermint. The spice is usually used for chicken tikka masala. Like most curries, it is thought to have antibacterial properties. These spices can be found in dishes in countries with hot climates where meats need to be conserved. Therefore, due to the combination of different spices, Tikka Masala is believed to have a beneficial effect on the health of those who consume it.

The name Tikka Masala was first mentioned and found in the Mughal Empire in South Asia. Then the name disappeared for centuries. It later became a very popular spice in Europe in the mid-20th century. Many Indian migrants came during that time to the UK, opened restaurants and started serving Chicken Tikka Masala, which means chicken cooked in many spices. A few years later, tomato sauce and yogurt were added to make the dish more creamy and less dry.

**Uses:** The most common way of consuming Tikka Masala is by cooking a Chicken Tikka Masala. Of course, the combination of many spices allows you to add or cook with different types of meat, vegetables and rice

**Packaging:** 250g, 500g and bulk



**Benefits:** Cajun consists of paprika, garlic, onion, coriander, thyme, oregano, celery, black pepper, cumin, chilli, mustard seeds (white and yellow). Some of these herbs and spices have long been used in various cuisines, believing that they are not only delicious but also helpful.

Cajun cuisine is a style of cooking created in Louisiana by immigrants, the French Acadians, in the 18th century. Acadians were the original French settlers in North America. They immigrated to today's provinces of Canada. They carried traditional French recipes with them, adapting them to what they could find, catch or collect from both land and sea. In the mid-18th century, they refused to submit to the British Crown and were deported from the French provinces of Canada. Some of them settled in Louisiana. These Franco-Canadian farmers re-adapted their cuisine to the products they found in the rural areas of the south.

Today, Cajun cuisine means the combination of different styles and spices of cooking typical for Louisiana. This includes French rustic cooking style, mixed with African, Irish, Mexican and Spanish cooking techniques and adapted to the local natural resources and agricultural products of South America.

**Uses:** Cajun is usually used when the dish needs spiciness. It combines well with seafood, meat, vegetables, but also with eggs, pizza and burgers.

**Packaging:** 125g, 250g and bulk



# BLACK PEPPER – WHOLE, GROUND



**Benefits:** Black pepper, also known as black peppercorns, are fruits from the Piperaceae family. At first, black pepper came to Europe from India. Ancient Romans and Greeks respected pepper and it was used in almost every exquisite meal. In the Middle Ages black pepper was a very expensive spice and used as collateral and currency. This was one of the reasons the Portuguese looked for an alternative route to India by sea. Black pepper was also used as a medicine in the past.

Nowadays, it is used as a final touch for almost any type of dish. Peppercorns get their taste from a substance called Piperine. Black pepper is supposedly great for the digestive system. It stimulates the taste buds, which in turn signal the stomach to produce more hydrochloric acid. This acid is essential for the digestion of proteins.

At home, people often use black pepper to clear a stuffy nose and relieve a cough. It is believed to have antibacterial properties. Its spicy taste helps expel phlegm and relieves from colds. For colds, hot soup with black pepper is often recommended to relieve the symptoms of a cough and runny nose.

**Uses:** Black pepper can be used in soups and stews, as well as for meat, poultry, fish and vegetables. It is best to use black peppercorns just before serving a dish, because when the black pepper goes through heat treatment, the substance Piperine may break down and thus have less taste.

**Packaging:** 250g, 500g and bulk



# GREEN PEPPER



**Benefits:** Whole green pepper is from the same plant as black pepper. The green peppercorns are harvested earlier than black pepper. After the harvest they are going through a special procedure to keep the green color and also have a slightly milder spice.

**Uses:** Green pepper is perfect for adding a light, soft flavor to cheese and fish dishes, soups or stews. It can be used in combination with different herbs and spices.

**Packaging:** 125g, 250g and bulk



# WHITE PEPPER - WHOLE, GROUND



**Benefits:** White peppercorns are also known as white pepper. It is a spice. It is produced from the dried fruit of the pepper plant, the same as the black pepper. The spice has a less complex flavour and it is commonly lighter than the black pepper.

**Uses:** White pepper is often used to replace black pepper when needed to flavour dishes and light sauces, and to avoid contrast with the black flakes of pepper. The white pepper can be used to add peppery bite to marinades for meat and vegetables, soup, potato salad and stir-fries.

**Packaging:** 250g, 500g and bulk



# PINK PEPPER



**Benefits:** Pink pepper is not a real pepper like black, white or green. Pink peppercorns, also called rose peppercorns, are berries from the Peruvian (Brazilian) pepper tree. This tree is a member of the sumac and cashew family. It can be found in Brazil, Paraguay, Argentina and in California, Florida, Texas and Arizona. The taste of the pink peppercorn is similar to the original black peppercorn but with fruity aftertaste and it is not so strong and spicy like „real“ peppercorns.

**Uses:** Pink pepper gives a unique taste to cheese, poultry and fish. Due to the citrus aroma, which the pink pepper carries, it can be used for desserts, in fruit salads and ice cream. The soft taste of the fruits suggests that they should not be combined with other spices, because their taste will be lost among other aromas.

**Packaging:** 125g, 250g and bulk



# MIXED PEPPER



**Benefits:** The mixture between four colorful peppers brings a strong and exotic flavor. Three of them are from the same fruit but the way of processing is different. Black peppers are ready and picked when the fruits are almost ready for harvest. After that they are roasted and dried out until they become black. In the case of white pepper, the shell is removed before it is dried during the cleaning process. And green pepper is picked when the fruits are young and also going through the process of drying. The last peppercorn of the mixture is pink pepper that is actually the berry of a Peruvian pepper tree and is grown in South America. Thanks to the pink peppercorns the taste is a little sweet but this is not dominant and the overall flavor is a complex of all peppers inside the mixture.

**Uses:** The best way of using peppercorns is at the end of the cooking process. Pepper usually loses its flavor during long cooking. Mixed peppercorns can be used for soup, stew and for almost every other meal. Peppercorns in combination with salt are the main spices for nearly every dish.

**Packaging:** 250g, 500g and bulk



# CUBEK PEPPER (PIPER GUINEENSE)



**Benefits:** Cubek pepper, Java pepper or tailed pepper originally comes from the island Java in Indonesia. Cubek pepper came to Europe through India due to the trade with the Arabs. Legend says that around the 17th century the King of Portugal prohibited the sale of cubek berries to increase the sale of black pepper because Java had a monopoly on the spice. Pepper cubek has a peppery aroma with a hint of allspice and nutmeg. It is commonly used in cigarettes, gin and is a characteristic aroma of the famous Russian peppermint vodka. Nowadays, Cubek pepper is widely used by chefs all over the world and a popular ingredient for cocktails.

**Uses:** The taste is slightly spicy, sweet and a little bitter savor. It is suitable for fish, meat and vegetable dishes, for sprinkling cheese, for seasoning sauces and purees. It can be used as a substitute for black pepper in some spice mixtures or instead of allspice to give a more peppery note to the dish.

The famous French spice (quatre épices) is usually prepared with a mixture of the four spices coves, nutmeg, ginger and cubek pepper.

**Packaging:** 125g, 250g and bulk



# COLD-PRESSED OILS AND FLORAL WATERS

<u>Rosehip oil</u>	<u>90</u>
<u>Organic rose water</u>	<u>91</u>

## ROSEHIP OIL

**Benefits:** Gently cold-pressed from rosehip kernels, the oil is believed to be a true all-in-one solution for skin, hair and nails. Vitamin A may support the structure and renewal of the skin, while vitamin C may even out discolouration, lightens pigment or age spots, stimulates the collagen and prevents wrinkles. Vitamin E may support the hydration and the skin's protective function.

**Uses:** Apply daily morning and evening after cleansing the face with normal water or a natural toner such as rose water. Moisten and apply 3 to 4 drops with your fingertips before gently massaging it. **Notes:** For external use only. Avoid eye contact.

**Packaging:** 50ml client-ready packaging and bulk



# ORGANIC ROSE WATER

# ORDER LIST



**Benefits:** Rose water has a delicate, enchanted aroma. For millennia, it has been used in beauty rituals, as well as in the preparation of various foods and beverages. Rose water is obtained by distilling rose leaves. Some of the supposed benefits of rose water are being anti-inflammatory, as well as moisturizing and rejuvenating the skin. Further, it may help against eye problems and skin irritations.

**Uses:** For a perfect morning and a relaxing evening, cleansing the face with rose water is the ideal start or end of the day. Take a cotton swab soaked in rose water and clean the skin to refresh and soften it, as well as for a clearer and more radiant complexion. Spray on face, body or in the room, take a deep breath and enjoy the soothing aroma. Add rose water to masks, lotions and hair creams. Use tampons soaked in rose water to relieve tired, red and swollen eyes. Rose water can be lightly sprayed into the pillow before bed to relax your senses.

**Packaging:** 200ml, 500ml and bulk



**BULK / B2B**

**RETAIL  
PACKAGING / B2C**

**BULK / B2B**

**RETAIL  
PACKAGING / B2C**

SAMPLES AVAILABLE	BULK ORDER	BULK MOQ	PRICE	CLIENT-READY PACKAGING	PRICE	INDIVIDUALIZATION POSSIBLE
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SAMPLES AVAILABLE	BULK ORDER	BULK MOQ	PRICE	CLIENT-READY PACKAGING	PRICE	INDIVIDUALIZATION POSSIBLE
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**POWDERS**

Rosehip powder	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	200kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Bee pollen	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	25kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Milk thistle seed powder	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	100kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Nettle powder	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	100kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Carob powder	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	50kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Grape seed flour	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	50kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Matcha powder	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	25kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>

**HERBS**

Nettle leaves	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	50kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Raspberry leaves	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	50kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Yarrow	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	50kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Hawthorn	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	50kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Greek mountain tea	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	20kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
St. John's wort	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	50kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Dandelion leaves	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	20kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Dandelion root (whole)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	50kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Dandelion root (ground)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	50kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Licorice root (whole)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	50kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Licorice root (ground)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	50kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Chamomile	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	20kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Marigold	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	20kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Elderflower	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	20kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Lady's mantle herb	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	20kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>

Horsetail	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	50kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Milk thistle seeds	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	100kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Lavender	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	20kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Rose buds	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	10kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Willow Herb	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	20kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Moringa	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	20kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Goldenrod	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	10kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Honeybush	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	10kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Ginkgo leaves	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	10kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Shepherd's purse	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	20kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Lovage	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	20kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Meadow sweet	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	20kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Mulberry leaves	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	20kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Sage	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	20kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Bedstraw	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	20kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Verbena	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	20kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>

**SPICES**

Cinnamon powder (Ceylon)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	50kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Cinnamon sticks (Ceylon)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	10kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Ginger powder	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	100kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Turmeric powder	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	100kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Mustard powder	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	100kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Hot smoked paprika	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	10kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Sweet smoked paprika	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	10kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>



**BULK / B2B**

**RETAIL  
PACKAGING / B2C**

**BULK / B2B**

**RETAIL  
PACKAGING / B2C**

	SAMPLES AVAILABLE	BULK ORDER	BULK MOQ	PRICE	CLIENT-READY PACKAGING	PRICE	INDIVIDUALIZATION POSSIBLE
Sweet paprika	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	10kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Mustard seeds	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	200kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Himalayan salt	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	200kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Nutmeg (whole)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	10kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Nutmeg (ground)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	10kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Sumac / vinegar spice	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	20kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Fenugreek (seeds)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	200kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Fenugreek (ground)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	200kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Granulated garlic	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	50kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Granulated onions	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	50kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Oregano	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	20kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Nana Mint	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	20kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Coriander (seeds)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	50kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Coriander (ground)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	50kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Cumin (seeds)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	50kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Cumin (ground)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	50kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Caraway (seeds)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	50kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Caraway (ground)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	50kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Cardamom (seeds)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	20kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Cardamom (ground)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	20kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Black cumin (seeds)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	20kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Allspice berries	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	20kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Fennel (seeds)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	20kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Anise (seeds)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	20kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Star Anise	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	10kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>

	SAMPLES AVAILABLE	BULK ORDER	BULK MOQ	PRICE	CLIENT-READY PACKAGING	PRICE	INDIVIDUALIZATION POSSIBLE
Marjoram	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	20kg	Upon request		Upon request	<input checked="" type="checkbox"/>
Dill seeds	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	20kg	Upon request		Upon request	<input checked="" type="checkbox"/>
Dill tips	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	20kg	Upon request		Upon request	<input checked="" type="checkbox"/>
Basil	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	20kg	Upon request		Upon request	<input checked="" type="checkbox"/>
Rosemary	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	20kg	Upon request		Upon request	<input checked="" type="checkbox"/>
Parsley	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	20kg	Upon request		Upon request	<input checked="" type="checkbox"/>
Tarragon	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	20kg	Upon request		Upon request	<input checked="" type="checkbox"/>
Rosemary	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	20kg	Upon request		Upon request	<input checked="" type="checkbox"/>
Black pepper (whole)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	50kg	Upon request		Upon request	<input checked="" type="checkbox"/>
Black pepper (ground)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	50kg	Upon request		Upon request	<input checked="" type="checkbox"/>
White pepper (whole)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	50kg	Upon request		Upon request	<input checked="" type="checkbox"/>
White pepper (ground)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	50kg	Upon request		Upon request	<input checked="" type="checkbox"/>
Green pepper (whole)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	20kg	Upon request		Upon request	<input checked="" type="checkbox"/>
Pink pepper (whole)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	20kg	Upon request		Upon request	<input checked="" type="checkbox"/>
Mixed pepper (whole)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	50kg	Upon request		Upon request	<input checked="" type="checkbox"/>
Cubeb pepper (whole)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	20kg	Upon request		Upon request	<input checked="" type="checkbox"/>
Tandoori Masala	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	50kg	Upon request		Upon request	<input checked="" type="checkbox"/>
Tikka Masala	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	50kg	Upon request		Upon request	<input checked="" type="checkbox"/>
Hot Curry powder	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	50kg	Upon request		Upon request	<input checked="" type="checkbox"/>
Sweet Curry powder (no salt)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	50kg	Upon request		Upon request	<input checked="" type="checkbox"/>
Cajun	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	50kg	Upon request		Upon request	<input checked="" type="checkbox"/>
Ras el Hanout	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	50kg	Upon request		Upon request	<input checked="" type="checkbox"/>

## BULK / B2B

## RETAIL PACKAGING / B2C

	SAMPLES AVAILABLE	BULK ORDER	BULK MOQ	PRICE	CLIENT-READY PACKAGING	PRICE	INDIVIDUALIZATION POSSIBLE
<b>SOFT-DRIED FRUITS</b>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>
Strawberries	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	25kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Raspberries	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	25kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Plums	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	25kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Mango	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	25kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Cassis	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	25kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Figs	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	25kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Dates	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	25kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Rosehips	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	25kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Passion Fruit	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	25kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Aronia	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	25kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Ginger (sweetened)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	25kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Inca berries	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	25kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Pears	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	25kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Cherries (with and without core)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	25kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Blueberries	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	25kg	Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>
	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>
	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>
	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>
<b>COLD-PRESSED OILS AND FLORAL WATERS</b>							
Rosehip oil	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Black cumin oil	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Flaxseed oil	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Rose water	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>
Lavender water	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		Upon request	<input checked="" type="checkbox"/>	Upon request	<input checked="" type="checkbox"/>

## OUR WAY OF WORKING WITH YOU

### Ordering of samples:

Samples of all products can be ordered free of charge (only payment of shipping fees applies).

### Order preparation:

Depending on inventory availability, between 1 day and a maximum of 2 weeks lead time

### Delivery time:

3-5 working days from completion of order preparation for Europe, other countries upon inquiry

### Payment terms:

30% on order, 70% on shipping (or by negotiation)

### Individualization of the packaging:

In addition to our packaging, we also offer the possibility to use your own end customer packaging. We are happy to take over the packaging for you. Alternatively, we can deliver the goods in bulk packaging.

### Invoicing:

We are registered for VAT in Germany, France, United Kingdom, Italy, Spain, Poland, The Czech Republic, Sweden, The Netherlands, Austria and Bulgaria and can directly generate tax invoices for your orders in these countries. For orders from other EU countries, we can process them as an intra-Community order from Bulgaria. Orders outside the EU are welcome.

## WHAT OUR CUSTOMERS SAY

“

"I have been using similar products from different producers for the last 2 years. The rosehip powder from Alpi Nature has the best taste, dissolves easily in beverages and muesli and has reduced my joint pains significantly. Great product"

★★★★★

- Angela H., Germany

“

"The bee pollen of Alpi Nature has a fresh natural taste and smells like flowers and honey. Excellent! We add it to every breakfast."

★★★★★

- Francois C., France

“

"The tea (raspberry leaves) is very clean and well cut for the preparation of herbal infusions. Quality is excellent and the price as well."

★★★★★

- Adam S., United Kingdom



**WE  
LOOK FORWARD TO  
HEARING FROM  
YOU!**

**ALPI INVESTMENT LTD**

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