

Lima, January 2024

FRUITS OF PERU

MANGO

Cultivated in the San Lorenzo Valley, in the districts of Tambogrande and Chulucanas, the Piuran mango is considered a gourmet fruit highly appreciated in Asian, European and North American markets. Its harvest takes place between the months of November to May, and the varieties produced They are: Tommy Atkins, Haden and the best of all Kent.

KENT: Of the more than one hundred varieties that exist in the world, the Kent variety is the most important due to its unique characteristics such as: aroma, deep flavor, soft texture and absence of fiber.



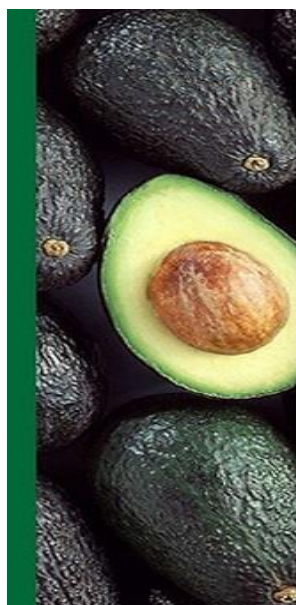
NUTRITIONAL VALUE		Caliber	Weight (gr.) Unitary	Weight (gr.)
COMPONENT	AVERAGE			
Calories	132 Kcal	4 gauge	1000	900 - 1100
Water	79.2g	5 caliber	800	720 - 880
Proteins	1.7g	6 gauge	667	600 - 730
Carbohydrates	5.6g.	7 gauge	571	515 - 625
Fiber	5.8g.	8 gauge	500	450 - 550
Ash	1g.	9 caliber	444	400 - 485
Calcium	30 mg.	10 gauge	400	360 - 440
Match	67 mg.	12 gauge	333	300 - 365
Iron	0.6mg	14 gauge	286	260 - 315
Vitamin B1 (Thiamin)	0.03 ug	16 gauge	250	225 - 275
Vitamin B2 (Riboflavin)	0.1 ug .	18 gauge	222	200 - 240
Retinol	0.05 ug .	20 gauge	200	180 - 220
Reduced Ascorbic Acid	6.8 ug .	QUALITY STANDARDS:		
Niacin (Nicotinic Acid)	1.5 mg.			
		NTP 203.100:1981		
		NTP 011.010:2002		



EXPORT CALENDAR											
JAN	FEB	SEA	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC



HASS AVOCADO



The Hass variety has an oil content that ranges between 18 and 22%. Furthermore, the proportion of water is low, just 60-70%. Its content of B complex vitamins and vitamin E is considerable. The fruit is of excellent quality, without fiber, high resistance to transport and long post-harvest life .

NUTRITIONAL VALUE:

One hundred grams of avocado contain 2.2 grams of saturated fatty acids, 8.9 grams of monounsaturated fatty acids and 1.7 grams of polyunsaturated fatty acids, in addition to providing more than 100 percent of the daily needs of vitamin D, 20 percent. of vitamin E, B6 and C (1), and ten percent of vitamin B2 (riboflavin), B3 (niacin), B5 (pantothenic acid), B8 (biotin) and folic acid.

QUALITY CRITERION

- Absence of peduncle.
- Free of blows and open wounds.
- Fruit with approx. 23% dry matter.
- Free of mechanical damage that compromises the pulp



VARIETY	CALIBER		
	EUROPE	Fruit weight (grs .)	USES
HASS	10	266 - 462	28
	12	300 - 371	32 - 36
	14	258 - 313	36 - 40
	16	227 - 274	fifty
	18	203 - 243	fifty
	twenty	184 - 217	60
	22	165 - 196	60
	24	151 - 175	70
	26	144 - 157	70
	28	134 - 147	84
	30	123 - 137	84
	32	100 - 142	84



Quality standards: NTP 011.018:2005

PRESENTATION: European Union

4 kg boxes. / Caliber 12-22 (330 – 180)
Corrugated Cardboard Box / 400 x 300 mm
Stowage of 1.20 x 1.00 cm. / 1.20 x 0.80 cm
40 foot high cube containers

EXPORT CALENDAR											
JAN	FEB	SEA	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC

ORGANIC AND CONVENTIONAL BANANA:

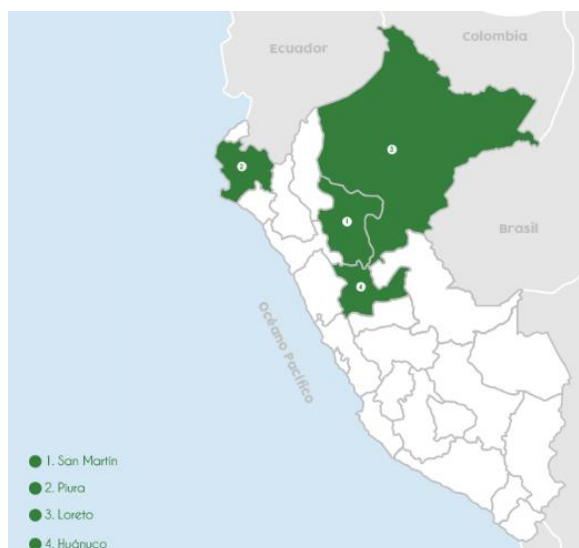
PRESENTATION	Cardboard boxes (bottom + lid + cardboard) are used to package the fruit. Cardboard boxes have a series of strategically placed holes to facilitate the circulation of cold air in the containers.
VARIETIES	Cavendish, Valery.
USES AND APPLICATIONS	Ripe banana is a very digestive food, as it promotes the secretion of gastric juices, therefore, it is used in the diets of people affected by intestinal disorders and in the diets of young children. It has a high energy value (1.1 - 2.7 kcal. / 100 g.), contains as many vitamins B and C as tomatoes or oranges, as well as numerous mineral salts, including iron, phosphorus, potassium and calcium.
QUALITY STANDARDS	Extra, first, second (according to European regulations). Bananas classified in the "Extra" category are of superior quality: the fingers must not present defects, except for very slight superficial alterations that do not exceed a total of 1 c. Fresh, freeze-dried, irradiated banana.
Main Production Areas and Performance	Loreto, San Martín, Ucayali, Piura, Junín, Amazonas
QUALITY	Bananas classified in the "Extra" category are of superior quality: the fingers must not have defects, except for very slight superficial alterations that do not exceed a total of 1 cm.



Caliber	Minimum	Maximum
Diameter (degrees)°	39°	46°
Length (inches)**	8"	eleven"

Nutritional value of banana in 100 gr. of edible substance		
Water (g)		75.7
Protein (g)		1.1
Lipids (g)		0.2
Carbohydrates	Total (g)	22.2
	Fiber (g)	0.6
	A (UI)	190
	B1 (mg)	0.05
	B2 (mg)	0.06
	B6 (mg)	0.32
	Nicotinic acid (mg)	0.6
	Pantothenic acid (mg)	0.2
	C (mg)	10
	Malic acid (mg)	500
	Citric acid	150




EXPORT CALENDAR											
JAN	FEB	SEA	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC



BLUEBERRIES

Dark blue in color, blueberries are small berries with a sweet flavor with a sour touch. Its skin is smooth and has a small opening at the top. They are considered one of the healthiest fruits on the planet due to their high antioxidant content.

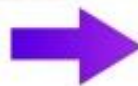


PRESENTATION		Clamshell 125g - 150g - 70g -310g - 510g, Bulk	
	SIZE From 10mm Up to 25mm	VA 	Ventura, Biloxi , Springhigh , Jewel
HEC 	CULTIVATION	LO 	Department of Lambayeque and Ica

BLUEBERRY PRODUCING REGIONS

Hectares of Blueberries in 2016

Hectares of Blueberries in 2021



EXPORT CALENDAR											
JAN	FEB	SEA	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC

GRAPES

DESCRIPTION:

PRESENTATION:

VARIETIES:

CHARACTERISTICS:

FRESH GRAPE

In corrugated cardboard or polyethylene foam boxes of 5 to 8 kg, depending on the market.

As for the types of grapes that Peru sends to the world, we can mention Red Globe , Sweet Globe , Italy, Sweet Celebration , Superior Seedless , Crimson Seedless , Flame Seedless , Thompson Seedless , Jack's Salute, Arra 15 and Magenta, among others.

- Dark red grape with a slight shine.
- It is almost 75% of the total grapes that Peru exports.
- It has a large round berry.
- Fleshy, consistent pulp, thin skin.

NUTRITIONAL VALUE

Calories:	90	Protein:	1g.
Fats:	1g	Vitamin A:	2%
Carbohydrates:	24g	Vitamin C:	25%
Fiber:	1g	Calcium:	2%
Sugar:	23g	Iron:	2%

GRAPES VARIETIES OF PERU

RED GLOBE

The most commercialized grape variety internationally is the red globe , it is a variety of very large clusters with a conical shape, the berries are round in shape and 24-28 mm in caliber on average, its flavor is slightly sweet and has seeds .



CRIMSON SEEDLESS

It is a seedless red grape, with firm and brittle berries, medium in size and elongated in shape. Its pulp is crunchy and sweet in flavor. It differs from Red Globe not only in its color (lighter), but also in size and the absence of seeds. On the market it is one of the red seedless ones



THOMSON SEEDLESS

It is the second most produced grape for export. It is very juicy, with elongated light green berries, and a sweet flavor. It is one of the most demanded varieties worldwide, and is usually called Italia seedless .



ITALY WITHOUT PEPA

It is a seedless variety with slightly elongated light green berries, which is why it is confused with the Thompson seedless . It has a sweet flavor and good acidity. It also falls under the umbrella of the generic name of "Italia sin pepa".



GRAPE PRODUCING REGIONS IN PERU



EXPORT CALENDAR

JAN	FEB	SEA	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC

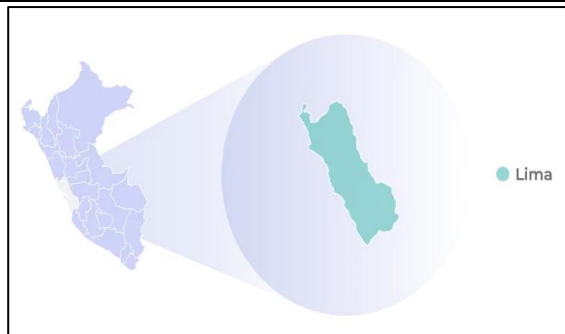


- *8.2 kg box of fresh red balloon grapes
- *Box Dimensions : 50 x 40 x 12 cm
- * Length: 50cm
- * Width: 40cm
- * Height: 12cm
- * Weight: 870 grams
- *Pallet measures 120x100x15 cm
- *Load capacity of each pallet = 1500kg
- *40' HIGH REFRIGERATED BUCKET

STRAWBERRY

ORIGIN:	Europe and Russia
FAMILY:	Rosaceae
CHARACTERISTICS:	The strawberry is a fruit with a conical or almost round shape, of variable size depending on the species (from 15 to 22 mm in diameter), crowned by green sepals, red in color and with a flavor that varies from acidic to very sweet. What most characterizes this fruit is its intense aroma. The geographical position of Peru has great potential to be a leader in the planting of strawberries, since the soil and climatic conditions favor cultivation throughout the year, in coastal and mountain areas.
VARIETIES:	There are more than 1000 varieties of strawberries known in the world, where in our country the varieties that are planted are: Chandler, tajo, Sern , Camarosa
CALIBERS:	It measures 8 diameters in the fruit: 25, 30, 35, 38, 40, 45, 50 and 55 mm.
CLASSIFICATION:	<p>Extra Category: The strawberries in this category must be of superior quality and will present the characteristics that are typical of the variety to which they belong. The minimum caliber being 25 mm.</p> <p>Category I: The strawberries in this category must be of good quality and will have the color and shape characteristics that are typical of the variety to which they belong. The minimum caliber being 18 mm.</p> <p>Category II: This category will include strawberries that cannot be classified in the higher categories but that meet the minimum requirements established above . The minimum size is 18 mm.</p> <p>In all categories the strawberries must be:</p>
QUALITY:	<p>*Whole,</p> <p>*Healthy, excluding those that present rot or other alterations that make them unsuitable for consumption.</p> <p>*Clean, practically free of visible foreign matter,</p> <p>*Looking fresh, but unwashed.</p> <p>*Practically free of pests,</p> <p>*Virtually free of damage caused by pests,</p> <p>*Provided with its calyx (except in the case of forest strawberries); the calyx and, if present, the peduncle must be fresh and green,</p> <p>*Free from an abnormal degree of external humidity,</p> <p>*Free of strange odors and flavors.</p>

VARIETIES	EXPORT CALENDAR											
	JAN	FEB	SEA	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Chandler												
Block												
Sern												
Camarosa												



NUTRITIONAL DATA	
Serving size 12 g.	
Amount per proportion	Calories from fat
Calories 4	<0.1
	% Daily value
Total Fat <0.1g	<0.1%
Saturated fat <0.1 g	<0.1%
Monounsaturated fat <0.1g	<0.1%
Cholesterol 0 mg	0%
Sodium <0.1g	<0.1%
Total carbohydrates 0.9 g	0.3%
Dietary fiber 0.2 g	<0.1%
Sugars 0.6 g	1.2%
Proteins	<0.1g
Vitamin A 0%	Vitamin C 8.8%
Calcium 0.2%	Iron 0.3%
Percent Daily Values are based on a 2000 calorie diet	

ORANGE (CITRUS)

TRADENAME:	ORANGE
SCIENTIFIC NAME:	Citrus cinensis
VARIETIES:	Among the orange varieties produced in Peru, the main one is the one called Valencia, followed by other smaller-scale varieties such as: Washington Navel , New Hall, Navel Late and Lane Late.
PRODUCTION AREAS:	La Libertad, Huánuco, Ucayali, Junín and Ica
BENEFITS:	Due to its low glycemic index, orange is one of the fruits recommended for the prevention of diabetes. Its high vitamin C content stimulates the production of white blood cells and contributes to strengthening the waterproof system. Contains antioxidants that maintain healthy skin and reduce signs of aging. EXTRA: They must be of superior quality and must present the external appearance and development, shape and color characteristics that are typical of the variety or commercial type to which they belong. They do not present defects, except for very slight superficial alterations that do not affect the general appearance of the product or its quality, conservation and presentation in the packaging.
CATEGORIES:	CATEGORY I: Good quality fruit and the following slight defects may be admitted: Slight malformations, slight color defects, slight epidermis defects produced during fruit formation, CATEGORY II: These fruits may have the following defects: Malformations, color defects, rough peel, defects of the epidermis that appear during the formation of the fruit.



AVERAGE QUALITY AND FLAVOR

SST ratio	High acidity + high Brix	Sweet
	Low acidity + high Brix	Sour
	High acidity + low Brix	Tasteless

In the US, a minimum TSS/ripe acidity ratio of 7 to 9:1 is typically desired.
In Spain the minimum is 6:1

Nutritional Value 100 gr.	Caliber	Scale in mm
Calories Kcal:	47 - 38	0
Protein	0.9 – 0.7 g..	1
Fat	0.1-01g	2
carbohydrates	9.3-7.4g	3
Dietary fiber	2.4-1.9g	4
Sodium	0.0-0.0	5
Potassium	181-145 mg	6
Vitamin A (μ ER)	11.0-1%	7
Vitamin C (mg)	53.2-71%	8
Vitamin E (mg TE)	0.2-0.8%	9
Ac. Folic (μg)	30.0-12%	10
Calcium (mg)	40.0-4%	eleven
Iron (mg)	0.1-0.6%	12
		13

EXPORT CALENDAR											
JAN	FEB	SEA	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC

PACKAGING MEASURES IN CORRUGATED CARDBOARD

- * 4.5KG CARTON. MEASURES 30X26.5X14 CM. TARE BOX 280 G.
- * 8 KG CARTON. MEASURES 60X40X11CM. TARE BOX 580 G
- * CARTON 10 KG. MEASURES 40X30X18CM. TARE BOX 650 G
- * CARTON 13.5 KG. MEASURES 40X30X25CM. TARE BOX 730 G.
- * CARTON 16 KG. MEASURES 60X40X17CM. TARE BOX 800 G
- * CARDBOARD 10X2 KG. MESH MEASURES 60X40X24CM. TARE BOX 1000 G.
- * CARDBOARD 10X2 KG. GIRSAC MEASURES 60X40X24CM. TARE BOX 1000 G.
- * CARDBOARD 10X2 KG. GIRSAC MEASURES 60X40X24CM. TARE BOX 1000 G
- * EUROPOOL 10X2 KG. GIRSAC MEASURES 60X40X24CM. TARE BOX 2060 G.



TANGERINE

TRADE NAME

Citrus unshulu / citrus reticulina

DESCRIPTION::

The mandarin is the fruit of the mandarin tree, a perennial fruit tree, belonging to the Rutaceae family. Its cultivation is favorable in cities with a warm or temperate climate (temperature between 12° and 26° C and 80% humidity) and its production is obtained from the fourth year after transplanting. The tangerine is a fruit that has a bright yellow or orange skin, which is thin, rough and easily removable from the pulp. The pulp is divided into 10 or 12 segments and has a pleasant sweet flavor. In addition to being very aromatic.

VARIETIES:

a) Grupo Satsumas (citrus unshiu): Clausellina, Okitsu, Owari. **b)** Grupo Clementinas (citrus reticulata): Clementinas, Clemenules. **c)** Grupo Híbridos: Fortuna, Kara, Pixie, Nova. **d)** Grupo Tangores: Murcott, Ortanique, Tango (hibridación entre mandarina y naranja). **e)** Otras: Dancy, Malvasio.

PRODUCTION AREAS:

Lima, La Libertad, Lambayeque, Huánuco, Ucayali, Junín e Ica

CATEGORIES:

EXTRA: They must be of superior quality and must present the external appearance and development, shape and color characteristics that are typical of the variety or commercial type to which they belong. They do not present defects, except for very slight superficial alterations that do not affect the general appearance of the product or its quality, conservation and presentation in the packaging.

CATEGORY I: Good quality fruit and the following slight defects may be admitted: Slight malformations, slight color defects, slight epidermis defects produced during fruit formation,

CATEGORY II: These fruits may have the following defects: Malformations, color defects, rough peel, defects of the epidermis that appear during the formation of the fruit.



CALIBER	Scale in mm	Nutritional Value 100 gr.	
1-xxx	78 or more	Calories Kcal	53
1-xx	67 - 78	Total fats	0g.
1-x	63 - 74	Trans fat	N.D.
2	58 - 69	Saturated fats	N.D.
3	54 - 64	Sodium	2 mg.
4	50 - 60	Carbohydrates	13g.
5	46 - 56	Fiber	2 g.
6	43 - 52	Sugars	11g.
7	41 - 48	Proteins	1g
8	39 - 46		
9	37 - 44		
10	35 - 42		

PACKAGING MEASURES IN CORRUGATED CARDBOARD

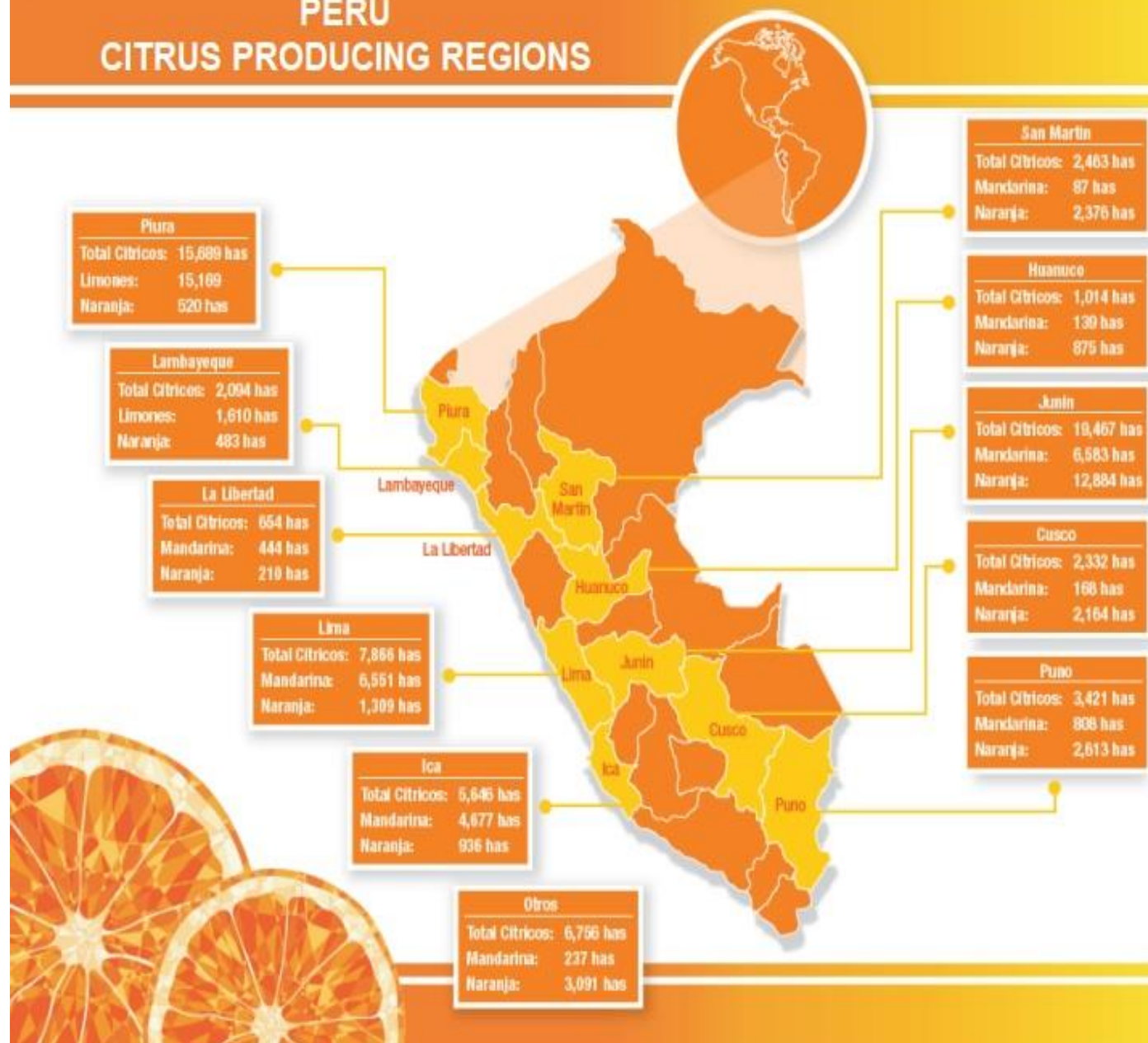
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- * CARTON 16 KG. MEASURES 60X40X17CM. TARE BOX 800 G
- * CARDBOARD 10X2 KG. MESH MEASURES 60X40X24CM. TARE BOX 1000 G.
- * CARDBOARD 10X2 KG. GIRSAC MEASURES 60X40X24CM. TARE BOX 1000 G.
- * CARDBOARD 10X2 KG. GIRSAC MEASURES 60X40X24CM. TARE BOX 1000 G
- * EUROPOOL 10X2 KG. GIRSAC MEASURES 60X40X24CM. TARE BOX 2060 G.

EXPORT CALENDAR											
JAN	FEB	SEA	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC

Maturity	°Brix	Minimum 7.5 °Brix
	Acidity	Minimum 0.5% Maximum 1.5%
	Maturity index (°Brix /Acidity)	Minimum 6.5%



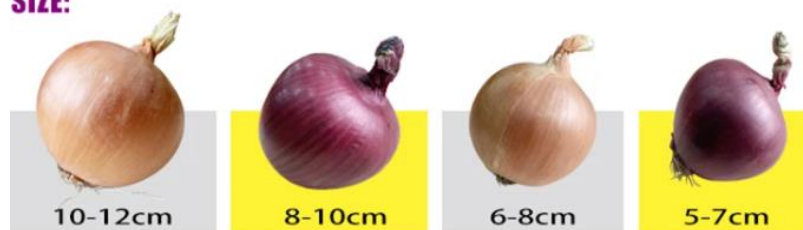
PERU CITRUS PRODUCING REGIONS



ONION



SIZE:



COLOUR:



Technical specifications:

Common name:	Onion
Scientific name:	Allium cepa L.
Family :	Amaryllidaceae (Liliaceae).
Origin :	Central Asia (Palestine and India.
Varieties:	Sweet yellow (Export) - Granex 33, Texas Early Grano 502, Bermuda. Reds - Arequipaña, Red Globe , Italiana, Red Creole, Criolla, Camaneja .
Harvest:	All year

Product name	High quality fresh red onion and yellow onion
Sizes	3-5cm, 5-7cm, 6-8cm, 8-10cm, 10cm up
Shapes	Round/oval
Color	Yellow or red
Supply period	All year
Transport temperature	-1 °C - 0 °C
Ability	Carton packing: 26 tons for 40'rh Bag packing: 28 tons for 40'rh 13 tons for 20'rh
Supply capacity	10000 tons per month
Supply period	All year
Packing	10KG/15kKG/20KG/25KG per mesh / according to requirement
Shipment	From 13 to 15 Ton. 20" reefer feet 26 Ton. 40 foot reefer

Nutritional Contribution


Basic data	Raw	Cooked
Calories (Kcal per 100gr.)	39	34-6
Protein (g per 100gr.)	1.1	1.3
Carbohydrates (g per 100gr.)	6.25	6.02
Lipids (g per 100gr.)	0.62	0.2
Vitamins		
Vitamin C (mg per 100g)	3.9	2.1
Vitamin B5 (mg per 100g)	0.15	0.13
Minerals		
Potassium (mg per 100g)	190	218
Phosphorus (mg per 100g)	37	44
Trace elements		
Iron (mg per 100g)	0.000019	0.21
Zinc (mg per 100g)	0.23	0.19

DATA SHEET					
FRESH GINGER					
SCIENTIFIC NAME		Zingiber officinal			
TYPE OF SHIPPING		MARITIME // AIR			
FAMILY		Zingiberaceae			
PRODUCTION AREA		JUNIN, PERU			
PRESENTATION		CARTON BOXES, PLASTIC BOX			
C TO I Yo b R AND	TO	50g - 99g			
	b	100g - 199g			
	c	200 gr or more			
TARIFF CODE		0910100000			
CNOE MNS P.T. OE	Calories	47	Match	66mg	
	Carbohydrates	9g	Iron Niacin	1.8mg	
	Ash	1 gr	Ac. Ascorbic	0.7g	
	Fiber	0.9g	Calcium	2mg	
	Total Fat	1.6g		44mg	
NET WEIGHT	CARTON BOX	13.6 Kg // USA			
		13.0 Kg // EU			
	PLASTIC BOX	7.5kg			
MEASUREMENTS OF THE BOXES		CARDBOARD			
		500x300x250 mm ± 2 mm BOX			
		PLASTIC			
		500x300x150mm ± 2mm BOX			
TOTAL BOXES		CARDBOARD			
		1440 cjs			
		BOX			
		PLASTIC			
		2490 cjs			
		BOX			
AVAILABILITY		JANUARY TO DECEMBER			
GROSS WEIGHT x BOX		CARDBOARD	13.83 Kg (Approx.)		
		PLASTIC	7.93 Kg (Approx.)		
GROSS WEIGHT x PALLET		CARDBOARD	1015.76 Kg (Approx.)		
		PLASTIC	951.6 Kg (Approx.)		
EXCESS OF WEIGHT	23%	Minimum	P. Maximum	P.	
		Average P.			
		13,260	13,390	13,325	
		7,650	7,725	7,688	



COMMON NAME: GARLIC
SCIENTIFIC NAME: ALLIUM SATIVUM
FAMILY: AMARYLLIDACEAE (Liliaceae)
ORIGIN: PERÚ

PERÚ GARLIC



Varieties: Morado Arequipeño, Serrano, Napurl or Bellavista, Criollo, Morado Barranquino, Extra Blanco



LOOSE PACKAGING

20 Kg. / MESH
10 Kg. / MESH
10 Kg. / CARTON
7 Kg. / CARTON
6 Kg. / CARTON
5 Kg. / CARTON
CUSTOMER REQUEST

SMALL PACKAGING

1Kg*10/ CARTON
900G*10 / CARTON
800G*10 / CARTON
600G* / CARTON
300G* / CARTON-MESH
500G*10/ CARTON-MESH
CUSTOMER REQUEST



QUINUA

**QUINOA is recognized not only for its nutritional and dietary properties,
But also its genetic diversity and ability to adapt to
Different agro-environmental conditions, as well as cultural benefits and
Socioeconomic effects that they have on the local environment.**

**Faced with the challenge of increasing the production of quality food for
Feeding the world's population in the context of climate change,
Quinoa is an alternative for those countries that suffer from food insecurity**

**It also has the potential to reduce dependence on other
staple foods such as wheat and rice.**

Native to the Andes, quinoa is a food resource
Natural with high nutritional value whose importance is
increasingly
Recognized in food security, for generations
Present and future.
Andean indigenous peoples have maintained, controlled,
Protected and preserved this food crop using its
Traditional knowledge and practices.

2013 was declared "International Year of Quinoa"

Technical information

Scientific name:	Chenopodium Quinoa	TARIFF ITEM	108.50.90.00
Common name::	WHITE QUINOA	NAME:	RED QUINOA
		NAME:	BLACK QUINOA

SPECIFICATIONS

ORGANOLEPTIC			
Color:	Clear slightly yellowish	Color:	Slightly orange red
Smell:	Product characteristic	Smell:	Product characteristic
Flavor:	Product characteristic	Flavor:	Product characteristic
Appearance:	1.7mm grain, medium hardness diameter	Appearance:	Grain from 1.6 to 2.0mm, medium hardness diameter
		Color:	Black
		Smell:	Product characteristic
		Flavor:	Product characteristic
		Appearance:	Grain from 1.2 to 1.6mm, medium hardness in diameter

PHYSICAL CHEMICALS			
Humidity:	12% Max.	Humidity:	12% Max.
Dietary fiber:	<3,000/100grs.	Purity:	99% Min.
Ashes:	2.49%	Foreign Matters:	0.1 Sand/dirt
Insects:	Absence	Insects:	Absence
Defects:	1% max	Defects:	1% Max.
		Humidity:	12% Max.
		Purity:	99% Min.
		Foreign Matters:	0.1 Sand/dirt
		Insects:	Absence
		Defects:	1% Max.

COMPOSITION (100grs. of product)			
Kcal energy:	370	Kcal energy:	380
Water:	10.1	Water:	10.1
Proteins:	14.4	Proteins:	15.5
Fat:	5.2	Fat:	7.4
Carbohydrates:	67.8	Carbohydrates:	62.5
Fiber:	6.5	Fiber:	3.2
Ashes:	3.5	Ashes:	2.7
		Kcal energy:	409
		Water:	10.1
		Proteins:	16.4
		Fat:	7.8
		Carbohydrates:	68.4
		Fiber:	2.9
		Ashes:	2.7

MG MINERALS.			
Calcium (Ca):	120	Calcium (Ca):	125
Phosphorus (P):	220	Phosphorus (P):	210
Iron (Fe):	5.0	Iron (Fe):	5.6
		Calcium (Ca):	122
		Phosphorus (P):	200
		Iron (Fe):	6.2

VITAMIN MG.			
Retinol (Vitamin A):	-	Retinol (Vitamin A):	-
Thiamin (Vitamin B1):	0.13	Thiamin (Vitamin B1):	0.15
Riboflavin (Vitamin B13):	0.38	Riboflavin (Vitamin B13):	0.35
Niacin (Vitamin B2):	1.1	Niacin (Vitamin B2):	1.3
Vitamin C:	-	Vitamin C:	-
		Retinol (Vitamin A):	-
		Thiamin (Vitamin B1):	0.13
		Riboflavin (Vitamin B13):	0.38
		Niacin (Vitamin B2):	1.3
		Vitamin C:	-





MACA

MACA is a herbaceous plant, native to the heights of the mountain range of the Peruvian Andes, which has multiple health benefits, due to its high nutritional value and medicinal. MACA is usually marketed according to its colors and the properties offered by each of them in: Maca Yellow, Red Maca and Black Maca

Data sheet:

Scientific name: *Lepidium meyenii* Walp

Family: Brassicaceae

*CLASS: Magnoliophyta

*KINGDOM: Plant

*DIVISION: Magnoliophyta

Other names: Maka , Maino , Ayak chichira , Ayuk Willku , Huto huto , Maha , Dr. MACASI , Macca

Origin: Cultivated. Maca grows in the high Andean plateaus of Peru at altitudes up to more than 4,400 meters above sea level.

Geographical distribution:

Maca is a crop from the Andes with a reduced distribution, limited to the Suni and Puna ecosystems of the departments of Junin and Cerro de Pasco in Peru at an altitude greater than 3,500 meters above sea level and often reaching 4,450 meters above sea level in the Central Andes of the Peru

Availability: Maca is available for consumption all year round

USES AND APPLICATIONS:

Important food, medicinal and antioxidant source. Maca has a high concentration of calcium, vitamin C and E, proteins and has 9 of the 10 essential amino acids. It is also attributed beneficial properties for the nervous system, especially memory. This Peruvian root is a great energizer and hormonal regulator.

MACA IS CONSUMED IN VARIOUS WAYS:

The roasted hypo cotila of Maca is the most common preparation and is called huatia. A sweet Maca decoction is prepared by boiling it in water for several hours. Dried Maca roots are also commonly mixed with milk to form a soft porridge. They are also frequently mixed with other foods, grains, or with legs, or are

Dissect and grind into flour to bake. The mild beer made with fermented Maca is known as Chicha de Maca. The pastry products that include Maca, pureed with water or milk, honey, cinnamon and fruit, are also very popular products.

Component	Content Average
Humidity:	15.30%
Proteins:	14.00 g.
Fat:	1.60g.
Carbohydrates:	64.40 g.
Ashes:	5.00 g.
Calcium:	247.00 mg.
Match:	183.00 mg.
Iron:	14.70 mg.
Thiamin:	0.20 mg.
Riboflavin:	0.35 mg.

Maca Varieties:

Based on its coloring, They differentiate eco types, not varieties, since these colors come from the same mother plant and it is not a term used in taxonomy.

The best known are:

- RED MACA
- YELLOW MACA
- BLACK MACA



SPECIAL COFFEE TOASTING OF THE ANDES OF PERU

PRODUCT: 100% ARABICA-ORGANIC

TECHNICAL SPECIFICATIONS

GENERALITIES:

Product obtained from grinding golden coffee and its subsequent roasting/grinding. Specialty coffee with organic certification, produced from 1400 meters above sea level, becoming a high quality coffee with a cup score of 83 points evaluated according to SCA procedures. Its production takes place in the North East, in the provinces of Jaén, San Ignacio and Bagua, where different microclimates unique to the country (Peru) converge.

SENSORY CHARACTERISTICS:

brown Roast: Medium

Notes of sweet apple, grapefruit based on roasted peanuts, hazelnuts with a background of black currant, cherry and malt with a soft acidity. It comes in presentations of 250. You can purchase it ground (green label) or whole grain (fuchsia label). Grind type: Medium or No. 07 grind.

TECHNICAL SPECIFICATIONS:

CHEMICAL CHARACTERISTICS: Sample size 250 gr.

Fat:	29.0g.
Cholesterol:	0g.
Sodium:	122.3 mg.
Carbohydrates:	171.8g.
Total sugars:	3.0g.
Protein:	35.0g.

PACKAGING:

- Primary Container:
Trilaminated bags with and without degassing valves
- Secondary packaging:
Corrugated carton box

PHYSICOCHEMICAL CHARACTERISTICS:

pH (10% solution)	5.3
Soluble solids (10% solution)	1.0
Moisture (g/100original sample)	0.7

STORAGE CONDITIONS:

Keep in a cool, dry place at a relative humidity of 65% and a temperature of 25 °C.
Do not store near toxic substances, detergent, etc.

MICROBIOLOGICAL CHARACTERISTICS

N. Molds (Ufc/g.)	<10 estimated
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USEFULL LIFETIME:

240 days from the date of manufacture, under suitable storage conditions, temperature of 20 to 25 °C; If the product is opened and not used in its entirety, keep the container covered.





POTATO

The potato (*Solanum tuberosum* L.) is a crop of high nutritional and medicinal value, valuable for feeding the world's population. In Peru there are more than 3,000 cultivars of ancestral potatoes unique in the world. In addition to their extraordinary nutritional qualities, they stand out for their diversity of shapes, peel and pulp color, flavors and textures. The pigmentations of the pulps are colorful, varying between red, yellow, blue, orange and purple, in many cases forming unique combinations.

The publication by Spooner et al. (2005) reports that the potato is native to the great Lake Titicaca Basin, Collao plateau, located between Peru and Bolivia, a region where approximately 50% of the wild potato species and eight are distributed. cultivated potato species. However, scientific evidence shows that the potato was domesticated more than 8,000 years ago in the highland region of southeastern Peru and northwest Bolivia, with Peru considered the center of origin of the potato; it which was confirmed and demonstrated by studies carried out on ceramic remains from the Moche and Chimú cultures, where a diversity of shapes and colors of this tubercle is shown.

Good Agricultural Practices (GAP) are based on a set of standards, principles and technical recommendations that are applied throughout the crop production process (production, processing, storage and transportation), with the aim of ensuring the quality and safety of the crop. product, environmental protection and consumer health.

Yellow potato	White Potato	Pink Potato	Huamantanga Lima Potato
Huamantanga Potato from Sierra	Potato Huayro	Black Potato	Peruvian Potato
Papa Tumbay	Native Potatoes	Potato Cocktail	