



SUMAQ
ANDEAN FRUITS AND GRAINS

Product
Brochure
Benefits & Uses

Who we are

We are a private organization that supports agricultural development in different regions of Peru by assisting producers to improve their crops and connecting small farmers with export markets.

Our Strategy |

Our strategy is based on developing strong strategic alliances and partnerships with small growers and agricultural communities in key locations throughout Peru. Currently, we work with 3 cooperatives and more than 50 individual producers to ensure a diverse supply of quality crops to our customers clients throughout the year.

Our Commitment

We behave ethically and protect the environment while contributing to the economy and welfare of the local farmers and communities we work with. We focus on helping farmers obtain better prices, improved technologies, technical assistance, and resources enhance their crops, production and quality of life.

Our Certifications





Avocados



Product

- ↪ Hass



Benefits

- ↪ High content of Potassium
- ↪ Rich in Fiber
- ↪ Helps lower cholesterol and triglyceride levels
- ↪ Good source of antioxidants



Uses

- ↪ Great ingredient for salads or eating them plain
- ↪ Main ingredient in guacamole



Packaging

- ↪ 4 kg box
- ↪ 10 kg box





Citrus



Product

- ↪ W Murcott
- ↪ Malvaseo



Benefits

- ↪ High levels of Vitamin C
- ↪ Substantial source of Fiber
- ↪ Helps prevent colds and flu
- ↪ Low to no fat, sodium and calories



Uses

- ↪ Easy to peel and ready to eat snack
- ↪ Great flavor for juices
- ↪ Zests are useful ingredient for confectionery



Packaging

- ↪ 10 kg box
- ↪ 15 kg box





Mangos



Product

- ↪ Kent
- ↪ Edward



Benefits

- ↪ Good source for vitamin C, A, B6 and other B vitamins
- ↪ Contains probiotic fiber, potassium and magnesium
- ↪ Helps lower cholesterol
- ↪ Can help prevent cancer thanks to its antioxidant compounds



Uses

- ↪ Can be eaten plain or as a juice
- ↪ Exotic ingredient for use in salads
- ↪ Great taste for desserts



Packaging

- ↪ 4 kg box
- ↪ 6 kg box



Quinoa

☆ Product

- ↻ White organic and conventional quinoa
- ↻ Red organic and conventional quinoa
- ↻ Black organic and conventional quinoa
- ↻ Tricolor organic and conventional quinoa
- ↻ Quinoa flakes organic and conventional
- ↻ Quinoa flour organic and conventional
- ↻ Quinoa pops organic and conventional

🎯 Benefits

- ↻ Great source of protein
- ↻ Higher fiber count than most grains
- ↻ Contains all essential amino acids
- ↻ Good source of a variety of nutrients: manganese, magnesium, phosphorus, potassium
- ↻ Low amounts of carbohydrates and fat
- ↻ Gluten free

♥ Uses

- ↻ Great for soups, stews and bakery
- ↻ Can be used in salads

📦 Packaging

Quinoa grains

- ↻ 1 ton big bags
- ↻ 25 kg / 55 lb paper bags
- ↻ 10kg/5kg paper bags
- ↻ Retail packaging as required

Grains



Extrusion



Amaranth

Product

- Amaranth organic and conventional grains
- Amaranth organic and conventional flakes
- Amaranth organic and conventional flour

Benefits

- Great source of lysine
- High levels of protein
- Good source of manganese
- High in magnesium, phosphorus and potassium
- Low amounts of carbohydrates and fat
- Gluten free

Uses

- Great for soups, stews and sauces
- Can be used in salads

Packaging

Amaranth grains

- 1 ton big bags
- 25 kg / 55 lb paper bags
- 10kg/5kg paper bags
- Retail packaging as required





Canihua



Product

- ↪ Canihua organic grains
- ↪ Canihua organic flakes



Benefits

- ↪ Excellent source of protein
- ↪ Rich in amino acids
- ↪ High levels of magnesium, iron and calcium
- ↪ Low amounts of carbohydrates and fat
- ↪ Gluten free



Uses

- ↪ Great for soups and stews
- ↪ Can be used in salads



Packaging


Canihua Grains

- ↪ 1 ton big bags
- ↪ 25 kg / 55 lb paper bags
- ↪ 10kg/5kg paper bags
- ↪ Retail packaging as required










Tarwi

Product

-  Tarwi organic powder



Benefits



-  High proteins, over 36%.
-  Regulates the blood glucose.
-  Contains unsaturated fat.
-  Acts as a natural laxative.
-  Helps reduce stress.
-  High calcium content
-  Contains fiber for a good digestion





Uses

-  Tarwi powder can be consumed in purées, sauces or creams.
-  It can also be consumed in soft drinks, fruit juices and milk.



Packaging

Tarwi organic powder

-  25 kg / 55 lb paper bags
-  10kg/5kg paper bags



Chia

Product

- ↻ Black organic and conventional chia seeds

Benefits

- ↻ High amounts of fiber
- ↻ Low amounts of fat
- ↻ Great amount of antioxidants
- ↻ High in Omega 3
- ↻ Contains calcium, manganese, magnesium and phosphorus
- ↻ Gluten Free

Uses

- ↻ Great for diets
- ↻ Can be mixed in yogurts, juices, puddings and baked goods
- ↻ Can be used in salads and sandwiches

Packaging

Chia seeds

- ↻ 1 ton big bags
- ↻ 25 kg / 55 lb paper bags
- ↻ 10kg/5kg paper bags
- ↻ Retail packaging as required



Maca

Product

- Black organic maca raw and gelatinized flour
- Red organic maca raw and gelatinized flour
- Yellow organic maca raw and gelatinized flour

Benefits

- Highly nutritious, rich in antioxidants
- Enhances energy and memory
- Boosts fertility
- Low calorie

Uses

- Can be mixed in yogurts or juices
- Can be added in baked goods

Packaging

Organic maca powder

- 10 kg bags
- 2 bags per carton box
- Retail packaging as required



Camu Camu



Product

- Organic camu camu powder



Benefits

- High content of Vitamin C
- Improves liver health
- Contains antiviral and antibacterial properties
- Helps dieting and weight loss



Uses

- Powder can be used in juices, desserts and porridges
- Can be used as a dietary supplement



Packaging

Organic camu camu powder

- 5 kg bags
- 2 bags per carton box





Goldenberry



Product

- ↪ Dried organic and conventional goldenberries



Benefits

- ↪ High level of antioxidants
- ↪ Good source of Vitamin A, C, B1, B2 and B6
- ↪ Helps control cholesterol
- ↪ Low in calories



Uses

- ↪ Can be eaten plain as a snack
- ↪ Great taste for juices



Packaging

Dried organic and conventional goldenberries

- ↪ 5 kg bags
- ↪ 2 bags per carton box



Lucuma

Product

- Lucuma organic and conventional powder

Benefits

- Low Glycemic Index
- Good source of zinc, vitamin C and iron
- Good source of dietary fiber
- Rich in antioxidants

Uses

- Good ingredient for baked goods
- Can be as a supplement mixed in yogurts and juices

Packaging

Lucuma organic and conventional powder

- 5 kg bags
- 2 bags per carton box



● Sacha Inchi

☆ Product

- Organic and conventional Sacha Inchi snack
- Organic and conventional Sacha Inchi oil
- Organic and conventional Sacha Inchi powder

🎯 Benefits

- Rich in Omega-3 and Omega-6
- High values of protein and Vitamin E
- High in tryptophan amino acid
- Improves digestion

♡ Uses

- Sacha Inchi snack can be eaten as a snack, similar as nuts
- Oil is an excellent domestic, industrial, cosmetic, and medicinal oil
- Powder is used to enrich a variety of foods due to high protein and amino acids content.

📦 Packaging

Sacha Inchi Snack

- 20 kg bags
- 1 bag per carton box

Sacha Inchi Oil

- 250 ml bottles,
- 30 bottles per carton box
- 65 and 215 liter drums

Sacha Inchi Powder

- 10 kg bags
- 2 bags per carton box





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