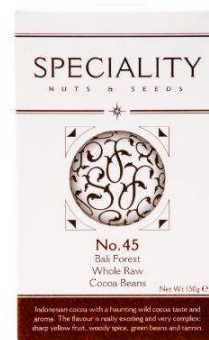




# SPECIALITY

F A R M F O O D S



## TRULY RAW INDONESIAN CASHEWS

We call these nuts '**Truly Raw**' because unlike other cashews sold as 'raw' ours have not been heat treated at all.



**These cashews taste great**, far nicer than other cashews. Because they are extracted without the use of heat they are still totally raw, **they are full of amino acids and contain all there live enzymes; juicy and sweet!**



The process is very slow so they are **extremely rare** and the demand far exceeds the supply. **They come from an organic farming co-operative in Indonesia** who have developed a relationship with an NGO to help the traditional farmers in the eastern Indonesian seas, they benefit from adding value by their unique processing skills; **ensuring sustainable production and benefiting the community and the environment.**

All our truly raw cashews are hand processed to our order, they are not graded. **The harvest is from August to November** and our order is shelled especially for us. But when they are gone that's it for the year so we apologies if we run out!

## BALI FOREST WHOLE RAW COCOA BEANS

**Our cocoa beans are fermented and sun dried retaining their natural 'sweetness'**. Cocoa, as well as being used as currency and in worship by the Aztecs is the **original high energy pill!** **It really works- get nibbling!**

Cocoa is a relatively new commercial crop in Indonesia and the farmers are encouraged by the government to cultivate it because it is proving to like the balanced ecosystem.

**Our cocoa is from a small farmer's co-operative in Bali.** The varieties grown are Criollo, Trinitario and Forestaro. The cocoa is grown on a 'wild' basis interplanted with the indigenous trees of the island to ensure maximum ecological balance.



After harvesting, the cocoa pods are split and the cocoa beans which are covered in their soft skin and white muselage are removed. The fresh beans are then fermented and dried in 'greenhouses' finally being sorted by hand to remove any imperfect beans. A real labour of love. **Magic beans!**



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