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Dear wholesalers, business partners, supermarket customers and lovely consumers,

finally it's here - our newsletters have been launched! Our newsletters are divided into **three** groups:

With the **beginning of the month**, our newsletter shall bring information to you on our exclusive brand the "Peals of Samarkand". Here, you will come to know more about high quality exclusive organic dried fruits and organic nuts as well organic dried fruit mixtures. The "Peals of Samarkand" stands for mouth-watering content, elegant packaging and modern design. Watch this space!

At the **end of the month**, another newsletter will inform you on our organic raw materials, which you can purchase from us if you require, depending on your needs (with consideration of minimum quantity of order). Here, we will inform you in detail about the raw material as well as their origin, production and possible uses.

Every two months, we will send you the third newsletter which shall throw light on Organic Ready to Cook Food Mixtures of our own brand „Lifestyle organic“. Here, you will find innovative organic ready to cook food mixtures in a variety of special flavors and in different degrees of convenience (cooking time). Easy to cook and just as healthy! Bon Appétit!

In this newsletter we would like to inform you about our **Asian-Style-ready-to-cook-Mixes**: Our **organic Pilau rice** and **organic shiitake rice**. Both items are very easily and conveniently prepared. **Lifestyle Organic/Bio-leben**: your provider of **convenient organic cooking**.

We selected delicious ingredients from 100% certified organic farming, without any preservations or artificial additives. Fast and easy **vegetarian and vegan organic meals!** You can quickly rustle up an exquisite meal or tasty side dish for you and your loved ones. Also included in our range of ready-to-cook-mixes we offer you several different kinds of organic rice/grain based **vegetable mixes** as well as **sweet delights!**



ORGANIC PILAU RICE

A **vegan** organic rice preparation **Oriental style** with precooked Long grain rice*, **wild Pistachio kernels***, **dried barberries***- a favorite dish from the Persian Kings, **exotic Black Beauty raisins*** and spices like curry*, coriander*, cumin*, **pure saffron***, turmeric*, lovage* and nutmeg*. (*from certified organic farming)

Cooking instructions:

Pour package content into 300 – 350 ml cold water. Heat water until boiling. Then let simmer 5 minutes and stir once in a while. Look how easy it is to prepare a organic meal or a organic side dish! You can serve the organic pilau rice with tofu, fish or meat or like in the Orient with fresh tomatoes and cucumbers.

Our serving Suggestion: Add a little bit of sesame oil at your discretion!



ORGANIC SHIITAKE RICE WITH ORGANIC GOJIS

A **vegan** organic rice preparation with parboiled rice*, dried **Shiitake mushrooms*** - like the spirit of the age-old TCM - **Nutrition**, dried organic vegetables, **excellent dried goji berries*** from our local native garden and spices like ginger*, coriander*, black pepper*, turmeric*, lovage*, and nutmeg*.

*from certified organic farming

Note: The Goji berries are said to have many health benefits!

Cooking instructions: Pour package content into 300 – 350 ml cold water. Heat water until boiling. Then let simmer 5 minutes and stir once in a while. Look how easy it is to prepare a organic meal or a organic side dish! You can serve the organic shiitake rice with tofu, fish or meat or like in Asia with pickled ginger.

Our serving Suggestions: Add freshly cut herbs at your discretion and if you like some olive oil!

For more information please visit our website www.marap.at/en , www.marap.co.uk , www.pearlsofsamarkand.com. If you want to receive updated information about our products please subscribe to www.marap.at/newsletter.html In case you don't want to receive this newsletter any longer please click the following link <http://www.marap.at/newsletter.html?&cmd=infomail&backURL=newsletter.html%3F>

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