



Organic raw material: Superberries harvest 2011!

Dear customers, distributors, consumers and friends of our company,

It is organic berry time! Blackcurrants, elderberries, wild elderberries, wild blackberries, wild sea buckthorn, wild raspberries and gooseberries, are all ready for harvest in Uzbekistan and are now starting to be collected, sorted and sundried as quickly as possible to capture all the inherent goodness each berry possesses. Our wild berry collectors include the Fair Trade cherry and almond farmers of Turkistan Gulba region. We have been working with small farmers for many years and therefore they know exactly what is important for our organic berry harvests. For an excellent final product you need an excellent raw material. We collect only mature, undamaged, high quality organic-berries before harnessing the sun's energy using our new solar panels and drying systems. Introducing 3 of our numerous organic super berries in more detail:



ORGANIC BLACKCURRANT

Our blackcurrants are grown by both the Fair Trade farmers of Turkistan Gulba and on our own organic fields near Samarkand, Uzbekistan. Unfortunately, as there are currently no standards for fair trade premium for this product, we cannot offer you our currants as Fair Trade certified, even though they are part of our Fair-trade farmer's project.

The blackcurrant is a symbol of longevity and health in many cultures and is often described as the healthiest fruit that nature has to offer. Blackcurrants are credited with the following nutritional benefits: gamma-linoleic acid is reported to aid skin problems, strengthens the immune system, increases concentration, stimulates the metabolism and strengthens the body's defences.

Our dried organic currants are a pleasant fruity addition to your cereal, yogurt, cakes, muffins, milkshakes and desserts. They also lend an intense currant flavour in spicy dishes, venison dishes and also chutneys. Dried organic blackcurrants are an alternative to dried organic blueberries and dried organic elderberries. Try them as a snack between meals too.



ORGANIC WILD ELDERBERRIES

Our wild elderberries are slightly smaller than average elderberries, but more intense in flavour. The elderberries are characterized by a very intense colour strength, which can enhance the appearance biscuits, fruit bars, cereals and desserts, in which they are widely used. In addition, dried elderberries are rich in fibre and magnesium, and they have an extremely high antioxidant capacity of 14 697 $\mu\text{mol TE TE}$ (ORAC value). This is due to the purple dye containing Sambucyanin, a flavonoid (phytochemicals), which is located in the skins of the berries.



ORGANIC WILD SEA BUCKTHORN

Another super berry is the sea buckthorn. In dried form, sea buckthorn is extremely rich in vitamin C content as well as vitamin A and E. Our organic sea buckthorn is collected in the wild from organically certified areas, especially the valleys along the rivers of the idyllic Pamir mountains. Here, near Samarkand, Uzbekistan, in a picturesque area our sea buckthorn berries ripen without any contact with pesticides or biocides, far away and untouched by the influences of civilization. These ideal conditions give our sea buckthorn berries their characteristic fruity-sour taste.

Our entire assortment of berries can be found on our website under <http://www.marap.at/rohstoffe/bio-trockenfruechte/bio-superbeeren.html> including comprehensive information about our products!



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