



sun & seed



**GOOD FOOD PRODUCED NATURALLY**



## ORGANIC OILS

Sun & Seed oils are cold extracted from seeds or nuts at temperatures below 40°C, to preserve the important health benefits. Our oils are filtered naturally without any chemical treatment or refining. We have maintained traditional methods to produce high quality nutrient rich unrefined oils with delicious flavor and unique aromas. Sun & Seed oils are always made in small batches to reach our customers fresh and tasty.



**ORGANIC  
COLD PRESSED  
HEMP OIL** 250ml

*This oil has a pure, buttery taste. Best used raw in salads or dips. It contains high levels of gamma linoleic acids, and the perfect balance of omega 6 and 3 essential fatty acids.*



**COLD PRESSED  
ORGANIC  
PUMPKIN SEED OIL** 250ml

*Mild & nutty tasting, one of the most nutritious oils available, containing vitamin E tocopherols, Omega-3 and 6 fatty acids. Also a good source of minerals including zinc and magnesium.*



**ORGANIC UNREFINED  
LIGHTLY TOASTED  
PUMPKIN SEED OIL** 250ml

*The distinctive smoky, tangy taste of this oil makes it ideal for adding flavor to variety of dishes including pasta, noodles and couscous, with excellent nutritional benefits.*



**ORGANIC  
COLD PRESSED  
WILD POMEGRANATE OIL** 15ml  
30ml

*Premium-grade oil with an exceptionally high level of punicic acid Omega 5 conjugated fatty acid, phytoestrogen antioxidant, , also a rare plant-based source of conjugated linolenic acids.*



**ORGANIC  
COLD PRESSED  
WALNUT OIL** 250ml

*This oil is highly nutritious , with Omega-3, powerful antioxidants and minerals. Its distinctive sweet, nutty taste adds a delicious exotic flavor to salads and dips.*



**ORGANIC  
COLD PRESSED  
SUNFLOWER SEED OIL** 500ml

*Cold pressed for ultimate quality, vitamin E and phenolic acid, with minerals including potassium and phosphorus. Light in taste & appearance, ideal for use in salads and for cooking and frying.*



**COLD  
PRESSED  
CHIA SEED OIL** 100ml  
250ml

*63% alpha linoleic acid (omega-3), also containing Cinnamic acids that guard the omega-3 oils from oxidation. Grown in Mexico without pesticides or toxicants.*



### RAW ORGANIC HEMP BUTTER

*Cold milled to perfection from select organic raw hemp seeds grown in Europe. It contains high levels of gamma linoleic acids, and the perfect balance of omega 6 and 3 essential fatty acids. Delicious on toast, crackers or in dips.*



### ORGANIC PUMPKIN SEED BUTTER

*Made from the finest quality organic European pumpkin seeds. Lightly toasted before milling with a hint of sea salt, its unique flavor was awarded a 2006 Soil Association award. Rich in zinc and magnesium.*



### ORGANIC APRICOT KERNEL BUTTER

*This healthy spread is made with raw "sweet" organic apricot kernels grown in Turkey. Contains high levels of protein and monounsaturated fats, also a good source of vitamin B17 and vitamin E. Sweet apricot kernels are safe to eat, and they are not to be mistaken for "bitter kernels"*



### ORGANIC SUNFLOWER SEED BUTTER

*Finest quality organic European sunflower seeds lightly toasted before milling to enhance flavour. A good source of vitamin E and B, minerals & essential fatty acids, a natural alternative to butter or margarine.*



### ORGANIC ALMOND BUTTER

*Delicious on toast or in cakes & desserts with a warm nutty taste. Sun & Seed almond butters are made using raw organic blanched almonds grown in Spain, containing high levels of vitamin E, calcium*



### ORGANIC RAW WALNUT BUTTER

*Made from fresh unroasted organic walnuts from Bulgaria and Serbia. A good source of omega-3 fatty acids. Winner of the Soil Association Organic Food Awards 2009 "quality fresh nuts, simplicity in a jar. Finger licking good!"*



### ORGANIC BLANCHED ALMOND BUTTER

*Smooth & creamy, a mild flavour with a marzipan aftertaste. & protein, also containing magnesium, potassium, mono-unsaturated fats and cholesterol lowering phytochemicals.*

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## ORGANIC BUTTERS 250g JARS

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Sun & Seed employ artisan techniques. We make our healthy spreads by simply grinding seeds or nuts using traditional stone milling techniques. It is a slow and careful low-temperature process which ensures that all the nutritional value and benefits are preserved. Our butters are perfect for tasty, healthy snacks.



## ORGANIC SEEDS, NUTS & FLOUR



### ORGANIC WHOLE HEMP SEEDS

250g / 500g

*An excellent source of omega 3 and 6. High in fibre, they also contain 30% protein, out of which 2/3 is the easily digestible protein Edestin. Hemp seeds contain every nutrient required for human life. Our seeds are grown organically in Europe.*



### ORGANIC HULLED HEMP SEEDS

90g / 250g

*Hulled hemp seeds have extra nutritional benefits and ease of digestion with the husks removed. With their mild nutty flavour they can be enjoyed sprinkled on cereal, salads, sandwiches, or eaten as a nourishing snack.*



### NATURAL CHIA SEEDS

90g / 250g

*An excellent source of fiber, antioxidants, protein, vitamins and minerals, and the richest known plant source of omega-3 fatty acids. Chia was the basic survival ration of Aztec warriors, 2 tablespoons would sustain a marching warrior for 24 hours.*



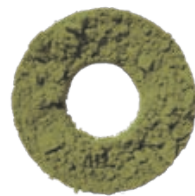
### ORGANIC APRICOT KERNELS

90g / 250g

*Our "Sweet" Apricot Kernels are organically grown in Turkey. High levels of protein and monounsaturated fats, also a good source of vitamin B17 and vitamin E. Safe to eat, they are not to be mistaken with "bitter kernels".*

We establish the price guarantees ensuring farmers growing our seeds and nuts receive a fair price for their efforts. Special care is taken selecting the right partners to ensure the highest quality.

If you are wholesaler and interested in buying high quality seeds & nuts please contact us and we will give you more information about the range and quantities we can provide you with.



### ORGANIC RAW HEMP PROTEIN POWDER

450g

*50% complete protein made from raw organic seeds grown in Europe. Contains all 21 known amino acids, including 8 essential fatty acids which human body cannot produce itself. 65% of the total protein content is globular protein Edestin, which is easy to digest, easily absorbed by human body and vital to maintaining a healthy immune system. Can be mixed with juice, shakes or simply with water and consumed as healthy drink.*



### ORGANIC WALNUT FLOUR

250g / 500g

*High in protein & essential fatty acids, walnut flour can be used to add flavour and texture to cakes as an alternative to wheat.*



## ORGANIC VINEGARS

### ORGANIC WILD POMEGRANATE VINEGAR

250ml

Made from the juice of wild hill grown mediterranean pomegranates naturally fermented in wooden barrels. Full of natural antioxidants, vitamins A, C and B9 and minerals including calcium, potassium and iron.

### ORGANIC WILD POMEGRANATE BALSAMIC VINEGAR

250ml

Our balsamic vinegar is blended with a special pomegranate balsam created using a low temperature evaporation process. Sweet and tangy with enhanced health benefits, perfect for salads, dips and to enhance the flavours of fresh fruit.



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**Sun & Seed started out as a family business, with its production facility as a part of the converted traditional farm. Sun & Seed has grown into a co-operative with both neighbouring and far flung farms.**

*We establish price guarantees which ensure that the farmers growing our organic seeds and fruits receive a fair price for their efforts. Special care is taken selecting the right partners to ensure the highest quality products.*

*Sun & Seed is an ethical company. We never ship products via airfreight. We use environmentally friendly packaging & shipping wherever possible.*

**The health benefits of organically grown food are now scientifically and publicly recognised. We closely work with small-scale organic farmers around the world, always looking for new and interesting ways to include healthy food in our customers' daily diet.**

**Aside from nutritional properties our main aim is to create products which taste exceptionally good.**



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