

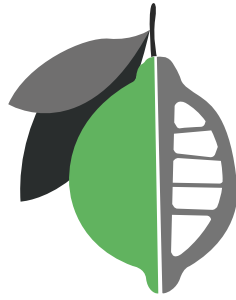


TRADE CLUSTER

For Import and Export

FRESH VEGETABLES AND FRUITS





TRADE CLUSTER

For Import and Export

Trade Cluster is one of the leading companies in Egypt specialized in exporting and importing of various kinds of vegetables and fruits whether fresh, frozen or dried. being headquartered in Cairo Trade Cluster is determined to maintain close links with its clients and ensure a high level of quality leading to sustained customer satisfaction.



Vision

become the first destination and the premium supplier for fruits and vegetables importers in Europe.



Mission

Provide our clients with top quality products that meet the global standards of health and safety, by means of a convenient and time efficient process



GARLIC

Garlic is naturally powerful antibiotic that affects against toxic bacteria, viruses and fungus. It helps regulate the body's blood pressure and has fat burning properties.



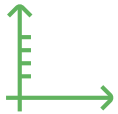
Fresh Garlic :

From middle of February till middle of April.



Dry Garlic :

From middle of April till middle of September



Sizes:

4cm up, 5cm up, 6cm up diameter wide .



Packaging :



8kgs or 10kgs / plastic box.



8kgs or 10kgs / carton box.



8kgs or 10kgs / mesh bags.





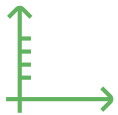
SPRING ONIONS

Spring Onions are high in vitamins, antioxidants, minerals and low in cholesterol and saturated fats so they are ideal for losing weight and maintaining optimum health.



Season :

From first of November till end of March.



Sizes:

10mm till 45mm diameter wide.



Packaging :



14:20 bunches / carton box.



40:60 bunches / plastic baskets.





RED ONION

Red onions have spicier flavor and striking color that are ideal for decorating salads.

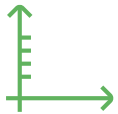
Red onions provide significant amounts of vitamin c and vitamin b6 they are also one of the best food sources of chromium .

they are very low in calories and contain zero fat .



Season :

From first of April till end of October



Sizes:

60/40 mm, 80/60 mm, 00 1/80 mm, 70/50 mm, 90/70mm or as our customers' requirements.



Packaging :



10kgs, 15kgs & 25kgs bags on pallets.



250 - 1kgs Jumbo bags.





YELLOW ONION

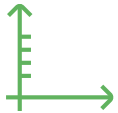
Yellow onion has a savory flavor and is characterized by its strong and white-colored flesh.

Yellow onions contain antioxidant compounds and are a good source of vitamin, potassium and manganese and an excellent source of vitamin C.



Season :

From first of February till end of June.



Sizes:

40/60mm, 80/60mm, 100/80mm, 70/50mm, 90/70mm or as our customers requirements.



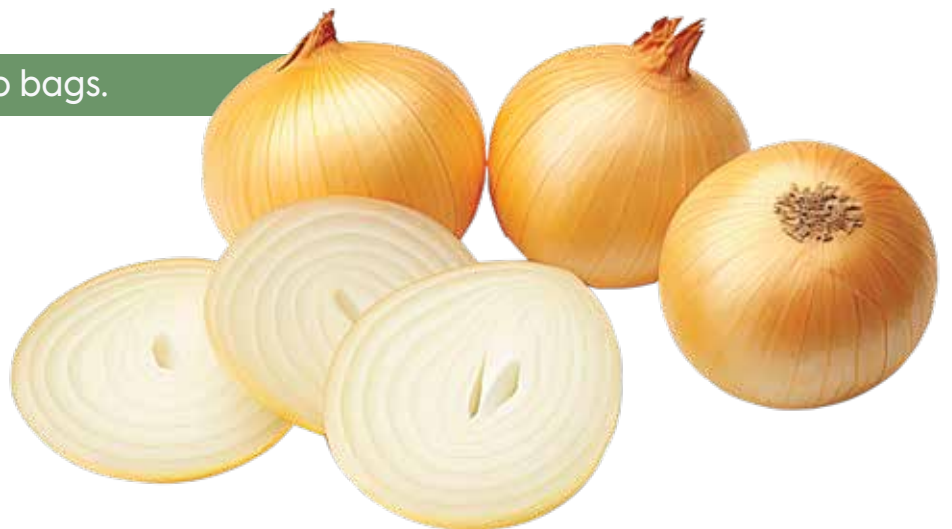
Packaging :



10kgs, 15kgs & 25kgs bags on pallets.



1250kgs Jumbo bags.





POTATOES

The potatoes are in saturated fats, sodium and cholesterols so they help maintain optimum health and memory function.

They are a good source of vitamins and minerals, as they are high in vitamin C, vitamin b6, potassium and contain amounts of magnesium, phosphorus and iron.



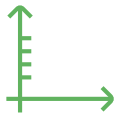
Potatoes varieties:

Spunta, Bellini, Mondial, Annabelle, Lady Rosetta and Herms.



Season:

From mid of January till mid of June.



Sizes:

60/40 mm, 60/45mm, 50 mm up, 60 mm up or as our customers' requirements.



Packaging :



8kgs or 10kgs / plastic box.



8kgs or 10kgs / carton box.



8kgs or 10kgs / mesh bags.





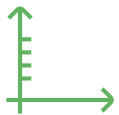
PEPPER & CAPSICUM

curing in helps It .eta-carotene. and C and A vitamin contains Capsicum
cholesterol reducing ,preSSUre blood lowering include that diseases many
.ttacks. heart off warding and



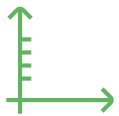
Season:

From the end of October till the end of March.



Sizes:

.vailable. are sizes all



Sizes:

.vailable. are sizes all



Packaging :



5kgs ,4.5kgs / carton box.





GREEN BEANS

Despite the name , Green beans are not considered a bean at all in terms of nutrition , they are more nutritionally comparable to other pod vegetables



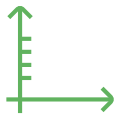
Variety:

Hama, Polysta, Valantino, Fine beans



Season:

October until July



Sizes:

Length 5 - 10CM



Packaging :



5 KG Carton (bulk) "loose"



200 cm x 25 bags 5 Kg N.W



250 Cm x 20 bags - 5 Kg N.W



500 Cm x 10 bags - 5 Kg N.W





ORANGE

Oranges are a rich source for vitamin C , which is important for the prevention of flu and colds and strengthening the body's defenses. Oranges also reduce the risk of cancer, improve blood circulation , promotes the health of bone & teeth and protect against respiratory.

types of ORANGE

Valencia Oranges

The valencia oranges has a fascinating history and is the world's most important orange.



Season:

From March until May.

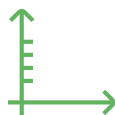
Navel Oranges

Navel oranges are juicy and sweet, with minimum to no seeds.



Season:

From December until March



Sizes

48 , 56 , 64 , 72 , 80 , 88 , 100 , 113
(pieces/carton).



Packaging

7kgs, 8kgs, 10kgs & 15kgs telescopic carton or open top carton on pallets





LEMON

C Vitamin ,cid. Citric of content high a have lemons fresh Our immune the enhance ,flu and colds treat help which of All otassium and holesterol. reduce and system



Season:

From mid-April to mid-October.



Variety Sizes:

72 , 80 , 88 , 100 , 113 , 125 , 138 , 150 , 162



Packaging :

On standard carton 15 KCNet 16 KG 80 carton 20 pallet, 1600 Carton,
Total weight in 40 F C 24000 KG





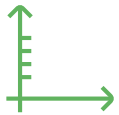
MEDJOOOL DATES

It is a type of premium date distinguished by its large size, elongated shape, and smooth texture. It has a sweet and rich flavor, and is considered a good source of energy and nutrients. It is often used as a snack or in the preparation of desserts.



Season:

The Medjool date season in Egypt usually begins in late August or early September and continues until November.



Types and sizes of Medjool dates.

Premium Medjool:

Characterized by its large size, soft texture, and rich sweet flavor.

Medium Medjool:

Medium-sized with a less smooth texture compared to the premium category, but still has a good taste.

Small Medjool:

Smaller in size, but contains the same sweet flavor and tends to be less expensive than the other types.



OTHER PRODUCTS



STRAWBERRY



POMEGRANATE



GRAPES



ICEBERG LETTUCE



RED CABBAGE



BROCCOLI



CELERY



CAULIFLOWER



TOMATO



SWEET POTATO



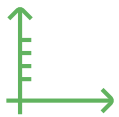
SIWI DATES

Siwi dates are a type of date primarily grown in Siwa Oasis, Egypt. They are characterized by their medium size, thin skin, and light brown color. They have a sweet flavor and a semi-dry texture, and are used for fresh consumption and drying to make date paste.



Season:

The Siwi date season in Egypt usually begins in September and lasts until November.



Types and sizes of Siwi dates.

Fresh Siwi:

Harvested at the beginning of the season, it is soft and sweet in taste.

Semi-dry Siwi:

Characterized by its firm texture and relatively dry skin, it is used for direct consumption or in making date paste.

Dried Siwi:

Dried for use in making sweets or as preserved food for long periods.





TRADE CLUSTER

For Import and Export

Frozen vegetables and fruits





PEAS

Description

The best quality of peas are selected and processed at the beginning of the season when they are fresh having high concentration of sugar.

Storage



Deep-freeze store (-18C).



For not more than 18 months.



Refreezing is not allowed.

Packaging :

400gm 1kg 2kg

2.5kg bulk 10kg



Nutrition Facts per 100g serving

Calories	65 Kcal
Fat	0.09g
Carbohydrate	9.8g
Fibre	5.1g
Protein	0.6g
Sodium	3mg
Sugars	3.5g
Calcium	23mg
Iron	1.8mg
Vitamin A	540 IU

Free from any preservatives or chemical substances





PEAS & CARROTS

Description

We select the best quality of fresh peas and carrots. Trade Cluster implements the peas and carrots production process at the beginning of the season when they are fresh, and have a high concentration of sugar.

Storage



Deep-freeze store (-18C).



For not more than 18 months.



Refreezing is not allowed.

Packaging :

400gm 1kg 2kg

2.5kg bulk 10kg



Nutrition Facts per 100g serving

Calories	50 Kcal
Fat	1.43g
Carbohydrate	13.67g
Protein	9.66g
Sodium	224.4mg
Vitamin C	34.8mg
Sugars	14.6g
Calcium	78.68mg
Iron	3.1mg
Vitamin A	2697 IU

Free from any preservatives or chemical substances





OKRA

Description

The best quality of Okra are selected and processed at the beginning of the season then we divide it to grades according to size.

Sizes

Extra: till 2.5cm

Zero: 3.5 : 2.5cm

Excellent: 4.5 : 3.5cm

Storage



Deep-freeze store (-18C).



For not more than 18 months.



Refreezing is not allowed.

Packaging :

400gm

1kg

2kg

2.5kg

bulk 10kg



Nutrition Facts per 100g serving

Calories	44 Kcal
Fat	0.25 g
Carbohydrate	6.63 g
Fibre	2.2g
Protein	1.96 g
Sodium	3 mg
Vitamin C	12.4 g
Sugars	2.97 g
Calcium	81 mg
Iron	0.57 IU
Vitamin A	350 IU

Free from any preservatives or chemical substances





GREEN BEANS

Description

Trade Cluster green beans are known for being fresh, tender, free of vials and especially tasty. Manufacturing is carried out in two methods: Whole beans, Cut beans

Storage



Deep-freeze store (-18C).



For not more than 18 months.



Refreezing is not allowed.

Packaging :

400gm 1kg 2kg

2.5kg bulk 10kg



Nutrition Facts per 100g serving

Calories	89 Kcal
Fat	0.03 g
Carbohydrate	17 g
Crude Fibre	5.2g
Protein	5.3 g
Sodium	7 mg
Vitamin C	0.7 g
Sugars	1.5 g
Vitamin A	385 IU

Free from any preservatives or chemical substances





BROAD BEANS

Description

Trade Cluster selects the best quality of fresh Broad Beans. Trade Cluster implements Broad Beans production process at the beginning of the season when they are fresh, tender and having high concentration of sugar.

Storage



Deep-freeze store (-18C).



For not more than 18 months.



Refreezing is not allowed.

Packaging :

400gm 1kg 2kg

2.5kg



Nutrition Facts per 100g serving

Calories	44 Kcal
Fat	0.04 g
Carbohydrate	8 g
Fibre	4.2g
Protein	6 g
Sodium	20 mg
Vitamin C	40.1 g
Sugars	0.6 g
Vitamin A	1118IU

Free from any preservatives
or chemical substances





MOLOKHIA

Description

Molokhoia is one of the most famous product of Trade Cluster. The fresh leaves are pulled and cut by the most updated technologies and techniques. Trade Cluster Molokiha is known for it's lively green color and tasty flavor.

Storage



Deep-freeze store (-18C).



For not more than 18 months.



Refreezing is not allowed.

Packaging :

400gm



Nutrition Facts per 100g serving

Calories	42 Kcal
Fat	0.02 g
Carbohydrate	6.5 g
Fibre	1.3g
Protein	1.7 g
Sodium	45 mg
Vitamin C	16 mg
Vitamin A	12500 IU

Free from any preservatives or chemical substances





SPINACH

Description

Spinach is one of the most famous products of Trade Cluster. Only leaves are used in processing high quality Spinach.

Storage



Deep-freeze store (-18C).



For not more than 18 months.



Refreezing is not allowed.

Packaging :

400gm



Nutrition Facts per 100g serving

Calories	36 Kcal
Fat	0.03 g
Carbohydrate	7 g
Fibre	2.7 g
Protein	1.3 g
Sodium	25 mg
Vitamin C	25 mg
Sugars	0.8 g
Calcium	93 mg
Iron	2.2 mg
Vitamin A	8000 IU

Free from any preservatives
or chemical substances





ARTICHOKE

Description

Artichoke is one of the outstanding products of Trade Cluster. Artichoke is selected and processed by the most advanced techniques a defect-free product free of any additives or chemicals is guaranteed.

Storage



Deep-freeze store (-18C).



For not more than 18 months.



Refreezing is not allowed.

Packaging :

400gm 1kg 2kg

2.5kg bulk 10kg



Nutrition Facts per 100g serving

Calories	42 Kcal
Fat	0.02 g
Carbohydrate	8.1 g
Crude Fibre	2.7 g
Protein	4 g
Sodium	14 mg
Vitamin C	0.65 mg
Calcium	115 mg
Iron	1.9 mg
Vitamin A	263 IU

Free from any preservatives or chemical substances





VINE LEAVES

Description

Trade Cluster selects the best quality of fresh Vine Leaves. Trade Cluster implements the Vine Leaves production process at the beginning of the season when they are fresh, palatable and marked by high quality.

Storage



Deep-freeze store (-18C).



For not more than 18 months.



Refreezing is not allowed.

Packaging :

250gm



Nutrition Facts per 100g serving

Calories	12 Kcal
Fat	0.2 g
Carbohydrate	3 g
Crude Fibre	11 g
Protein	1.4 g
Sodium	2 mg
Vitamin C	0.4 mg
Sugars	0.3 g
Calcium	363 mg
Iron	0.21 mg

Free from any preservatives or chemical substances





COLCASIA

Description

Trade Cluster Colcasia is known by its excellent quality (each pack contains the garnish needed for cooking).

Storage



Deep-freeze store (-18C).



For not more than 18 months.



Refreezing is not allowed.

Packaging :

400gm 1kg 2kg

2.5kg bulk 10kg



Nutrition Facts per 100g serving

Calories	12 Kcal
Fat	0.2 g
Carbohydrate	3 g
Crude Fibre	11 g
Protein	1.4 g
Sodium	2 mg
Vitamin C	0.4 mg
Sugars	0.3 g
Calcium	17 mg
Iron	0.21 mg

Free from any preservatives or chemical substances





BROCCOLI

Description

Broccoli proved to be a highly demanded product due to its nutritional value.

Processing is being executed by the most modern techniques to preserve its good shape and length of stems.

Storage



Deep-freeze store (-18C).



For not more than 18 months.



Refreezing is not allowed.

Packaging :

400gm 1kg 2kg

2.5kg bulk 10kg



Nutrition Facts per 100g serving

Calories	37 Kcal
Fat	0.5 g
Carbohydrate	8.3 g
Fibre	0.3 g
Protein	0.8 g
Sodium	0.2 mg
Vitamin C	0.6 mg
Sugars	4.5 g
Calcium	28 mg
Iron	0.8 mg

Free from any preservatives or chemical substances





PARTIALLY FRIED FROZEN POTATOES

Description

are cut potatoes that have been partially fried in oil and then quickly frozen to preserve their freshness and quality. These potatoes are ready for final cooking, either by frying or baking in the oven to achieve the desired crispness in a short time. They are widely used in restaurants and homes as a quick and easy preparation option, while retaining the same flavor and crispy texture as fresh potatoes.

Storage



Deep-freeze store (-18C).



For not more than 18 months.



Refreezing is not allowed.

Packaging :

400gm 1kg 2kg

2.5kg bulk 10kg



Nutrition Facts per 100g serving

Calories	312 Kcal
Fat	15 g
Carbohydrate	41 g
Fibre	3.8 g
Protein	3.4 g
Sodium	0.2 mg
Vitamin C	0.6 mg
Sugars	4.5 g
Calcium	28 mg
Iron	0.8 mg

Free from any preservatives or chemical substances





FLAFEL

Description

Falafal is the product resulting from mincing a mixture of dry, scaled broad beans, previously soaked in water flavoured with vegetables and spices for a suitable period. This process gives a good flavour to our Falafal.

Manufacturing is carried out in two methods :
Half fried Falafal, Falafal Paste

Storage



Deep-freeze store (-18C).



For not more than 18 months.



Refreezing is not allowed.

Packaging :

400gm 1kg 2kg

2.5kg bulk 10kg



Nutrition Facts per 100g serving

Calories	70 Kcal
Fat	0.5 g
Carbohydrate	9.8 g
Crude Fibre	3.2 g
Protein	6 g
Sodium	25 mg
Vitamin C	0.05 mg
Sugars	7 g
Calcium	0.39 mg
Iron	0.27 mg
Vitamin A	11000 IU

Free from any preservatives
or chemical substances





STRAWBERRY

Description

A wide spectrum of strawberries is planted in Egypt. At the factory, strawberries are processed and then stored in cold stores to maintain the nutritional properties.

Storage



Deep-freeze store (-18C).



For not more than 18 months.



Refreezing is not allowed.

Packaging :

400gm 1kg 2kg

2.5kg bulk 10kg



Nutrition Facts per 100g serving

Calories	37 Kcal
Fat	0.5 g
Carbohydrate	8.3 g
Fibre	0.3 g
Protein	0.8 g
Sodium	0.2 mg
Vitamin C	0.6 mg
Sugars	4.5 g
Calcium	28 mg
Iron	0.8 mg

Free from any preservatives or chemical substances





MANGO

Description

A wide spectrum of Mangos is planted in Egypt. At the factory, Mangos are processed and then stored in cold stores to maintain the nutritional properties.

Storage



Deep-freeze store (-18C).



For not more than 18 months.



Refreezing is not allowed.

Packaging :

400gm 1kg 2kg

2.5kg bulk 10kg



Nutrition Facts per 100g serving

Calories	37 Kcal
Fat	0.5 g
Carbohydrate	8.3 g
Fibre	0.3 g
Protein	0.8 g
Sodium	0.2 mg
Vitamin C	0.6 mg
Sugars	4.5 g
Calcium	28 mg
Iron	0.8 mg

Free from any preservatives or chemical substances





TRADE CLUSTER

For Import and Export

Foodstuffs





Lentils

Lentils are small, round legumes that come in various colors and shapes, such as red, yellow, brown, and black lentils. They have a soft texture when cooked and are a staple ingredient in many traditional dishes like soups and stews, providing a rich flavor and nutritious texture.

Rich in protein, a source of fiber, heart-healthy, and contains iron, magnesium, potassium, and folic acid, supporting blood and nervous system health. It also helps stabilize blood sugar levels due to its high fiber and protein content.



Packaging:

According to customer request



Weights:

1 kg

5 kg

10 kg

25 kg





White Beans

White beans are small legumes with a smooth skin and white color. They are an essential ingredient in many dishes like salads, soups, and stews. They have a soft texture when cooked and a mild flavor that complements other flavors. They are rich in protein, fiber, and heart-healthy, and help stabilize blood sugar levels.



Packaging:

According to customer request



Weights:

1 kg

5 kg

10 kg

25 kg





Black-Eyed Peas

(Lobia)

Black-eyed peas are small, oval-shaped legumes with a white color and a black spot in the center. They are used in various dishes around the world.

They have a mild flavor and soft texture when cooked. They are rich in protein, fiber, and heart-healthy, helping stabilize blood sugar levels.



Packaging:

According to customer request



Weights:

1 kg

5 kg

10 kg

25 kg





Sesame Seeds

Sesame seeds are small seeds, white or light brown, known for their rich, nutty flavor.

Rich in healthy fats like Omega-6, an excellent source of calcium, protein, and antioxidants that support skin and hair health.



Packaging:

According to customer request



Weights:

250 g

500 g

1 kg

5 kg

25 kg





Al-Nukhba Rice

Al-Nukhba Rice is a luxurious Egyptian rice of the broad-grain type, characterized as a short-grain rice. It is known for its soft texture after cooking and rich flavor. Egyptian rice is an essential ingredient in many traditional dishes in the Middle East and North Africa, and it stands out for its ability to absorb flavors well, making it ideal for preparing dishes such as kabsa, stuffed vegetables, and rice with nuts.

Al-Nukhba Rice has many benefits, the most important of which is that it is a rich source of carbohydrates that provides the necessary energy for the body. It is a key component in the daily diet and is low in fat. Egyptian rice contains a low percentage of fat, making it a healthy option for those seeking light food.

It is considered easy to digest, making it a suitable choice for individuals who suffer from digestive issues. It is also a source of vitamins and minerals, as it contains a good amount of B vitamins and minerals such as magnesium and phosphorus, which enhance the body's health.



Packaging:

According to customer request



Weights:

1 Kg

5 Kg

10 Kg

25 kg





Blackstrap Molasses

Blackstrap molasses is a natural food product obtained from sugarcane or sugar beet juice, after boiling and evaporating the water. It is characterized by its dark color and rich flavor, and is considered a source rich in minerals and vitamins. Blackstrap molasses is used in many dishes and desserts and is a healthy natural sweetener.

It contains iron, calcium, magnesium, and potassium, which contribute to bone and blood health. Additionally, it helps reduce oxidative stress in the body, which lowers the risk of chronic diseases. Molasses also aids digestion and helps alleviate digestive problems. It can even be used in skincare due to its moisturizing and nourishing properties.



Packaging:

According to customer request



Weights:

250 g

500 g

1 kg

5 kg





Tahini

Tahini is a food product made by grinding roasted sesame seeds into a smooth paste. Widely used in Middle Eastern cuisine, it is a key ingredient in many dishes like hummus and fattoush. Tahini is known for its creamy texture and rich flavor, and it is an excellent source of healthy fats.

It contains calcium, iron, magnesium, and zinc, which contribute to bone health. Additionally, tahini is high in plant-based proteins, helping with muscle building. It is also rich in unsaturated fatty acids, supporting heart health, and contains fibers that improve digestion. Furthermore, it is packed with antioxidants that fight inflammation and promote overall health.



Packaging:

According to customer request



Weights:

250 g

500 g

1 kg

5 kg





Halva (Tahini-based Sweet)

Halva is a popular confection in the Arab world, made from tahini (sesame paste) and sugar, often flavored with vanilla or enriched with nuts. It has a creamy texture and a rich flavor, making it a delicious and nutritious treat.

Halva is high in calories, providing a quick energy boost. It also contains unsaturated fats that support heart health and is rich in minerals such as calcium, iron, and magnesium, which enhance bone health. Additionally, it contributes to better skin and hair health, and its natural sugars help elevate energy levels and improve mood.



Packaging:

According to customer request



Weights:

250 g

500 g

1 kg

5 kg





Chocolate Halva

Chocolate halva is a delicious and popular variation of traditional halva, with added chocolate for a rich and distinctive flavor. It is made from tahini (sesame paste) and sugar, with the addition of cocoa powder or chocolate pieces, making it an ideal choice for desserts and snacks.

This treat is high in calories, providing a quick energy boost, especially for athletes. It contains unsaturated fats from tahini, promoting heart health, while the dark chocolate provides antioxidants that help fight inflammation. Rich in minerals such as calcium, iron, and magnesium, it supports bone health. Additionally, the chocolate compounds boost the release of "happiness hormones," which can improve mood.



Packaging:

According to customer request



Weights:

250 g

500 g

1 kg

5 kg





Nut Halva

Nut halva is a delightful treat that combines tahini (sesame paste) with nuts such as pistachios, almonds, or walnuts. This version is packed with nutrients and offers a unique, crunchy flavor, making it an ideal choice as a snack or dessert.

It is high in calories, providing a quick energy boost. The unsaturated fats from both tahini and nuts support heart health. Additionally, the nuts increase the protein content of the product, making it a good source of plant-based protein. Rich in vitamins and minerals such as vitamin E and magnesium, nut halva also offers antioxidants and healthy fats that help boost brain function.



Packaging:

According to customer request



Weights:

250 g

500 g

1 kg

5 kg





Tomato Sauce

Tomato sauce is a food product commonly used to enhance the flavor of various dishes. It typically consists of key ingredients such as tomatoes, garlic, onions, and herbs. There are many types of sauces, including tomato sauce, barbecue sauce, and pesto sauce, each with its unique flavor and culinary uses.

Tomato sauce contains a range of vitamins, such as vitamin C and vitamin A, and compounds like lycopene, a powerful antioxidant that helps reduce the risk of chronic diseases. Additionally, some sauces contain ingredients like garlic and onions, which promote digestive health. Tomato sauce enhances the taste of dishes and adds variety to meals.



Packaging:

According to customer request



Weights:

250 g

500 g

1 kg

5 kg





Peeled Tomatoes

Peeled tomatoes are a widely used food product in cooking, where the skin is removed before packaging. They are preferred in a variety of dishes, such as sauces and soups. Peeled tomatoes can be offered fresh or canned, and they are known for their rich taste and smooth texture. They are rich in vitamins like vitamin C, vitamin A, and vitamin K, which support immunity and eye health. Peeled tomatoes also contain compounds like lycopene, a powerful antioxidant that helps reduce the risk of chronic diseases. Additionally, they are a good source of fiber, which aids digestion and supports a healthy digestive system. Low in calories, peeled tomatoes are an ideal choice for healthy diets.



Packaging:

According to customer request



Weights:

400 g

800 g

1 kg

5 kg





Canned Artichokes

Canned artichokes are a food product made from the artichoke plant, which is cleaned, cooked, and then packed in airtight containers to preserve its quality. Canned artichokes are used in a variety of dishes, such as salads, pasta, and pizza, and are known for their unique flavor and tender texture.

They are rich in vitamins like vitamin C, vitamin K, and B vitamins, which support immune system health. Artichokes also contain antioxidants that help fight inflammation and reduce the risk of chronic diseases. Additionally, they are a good source of fiber, promoting digestive health, and they aid liver function by helping detoxification. Low in calories, canned artichokes are a healthy option suitable for various diets.



Packaging:

According to customer request



Weights:

400 g

800 g

1 kg

5 kg





Cumin

Cumin is a popular spice used in many cuisines around the world. It has a strong, warm flavor and is derived from the seeds of the cumin plant (*Cuminum cyminum*). The seeds are small and dark brown, often used whole or ground. Cumin adds a distinctive taste to various dishes and is a staple in Middle Eastern, Indian, and Mexican cooking. It is known not only for its flavor but also for its potential health benefits, such as aiding digestion and boosting the immune system due to its rich content of antioxidants and essential oils.

Benefits of Cumin:

1 Improves Digestion:

Cumin is known for its ability to enhance the digestive process and alleviate gas.

3 Beneficial for Immune Health:

Cumin is believed to boost the immune system's activity.

5 Improves Sleep Quality:

Cumin is considered soothing and may aid in improving sleep quality.

2 Rich in Antioxidants:

It contains antioxidant compounds that help combat free radicals.

4 Contains Iron:

It is a good source of iron, which helps increase hemoglobin levels in the blood.

Cumin Packaging Process:

1 Drying:

Ensure that cumin seeds are completely dry before packaging to prevent mold growth.

2 Sorting:

Seeds are sorted to remove any impurities or unwanted seeds.

3 Packaging:

Seeds are packed in airtight bags or glass/plastic containers, made from food-safe materials.

4 Sealing:

It is preferable to use sealed containers to prevent air and moisture from entering.

5 Labeling:

Labels should include nutritional information, expiration date, and place of origin.

Export Packaging Weights:

Cumin can be exported in various weights based on demand. Common packaging weights include:

Small Packages: 100 grams, 250 grams.

Medium Packages: 500 grams, 1 kilogram.

Large Packages: 5 kilograms, 10 kilograms, 25 kilograms.





Black Pepper

Black pepper is a popular spice used worldwide, known for adding a distinctive flavor to foods. It is obtained from the unripe fruits of the pepper plant (*Piper nigrum*), which are then dried to produce whole peppercorns or ground powder.

Health Benefits of Black Pepper:

1 Antioxidant:

Black pepper contains the compound piperine, which is considered an antioxidant that helps combat free radicals.

2 Digestive Aid:

It enhances the secretion of digestive enzymes, aiding in the improvement of the digestive process.

3 Improves Nutrient Absorption:

Piperine helps increase the absorption of essential nutrients, such as vitamins and minerals.

4 Anti-inflammatory:

It may help reduce inflammation in the body.



Cumin Packaging Process:

1 Sorting & Cleaning

The pepper is sorted to remove impurities and damaged grains, followed by thorough cleaning.

2 Drying:

The pepper is dried to ensure it is free from excess moisture, which helps preserve its flavor and quality.

3 Packaging:

The pepper is packed into suitable containers, such as plastic bags or glass bottles, ensuring they are airtight.

4 Labeling:

Labels are placed on the containers containing product information, such as weight, production date, and expiration date.



Export Packaging Weights:

The packaging weights vary based on the target market and customer requirements. Common packaging weights include:

Small Packages: 50 grams, 100 grams.

Medium Packages: 250 grams, 500 grams.

Large Packages: 1 kilogram, 5 kilograms.





Coriander

Coriander (*Coriandrum sativum*) is an aromatic plant widely used in cooking, with its fresh leaves and roasted seeds being particularly popular. Coriander is used in many cuisines around the world, adding a distinctive and vibrant flavor to dishes.

Health Benefits of Coriander:

1 Antioxidant Properties:

Coriander contains powerful antioxidant compounds that help combat free radicals.

2 Digestive Improvement:

It is believed that coriander helps soothe stomach disorders and

3 Lowering Sugar Levels:

Some studies suggest that coriander may help reduce blood sugar levels.

4 Antibacterial Effects:

Research shows that coriander has antibacterial properties, aiding in the fight against certain infections.



Cumin Packaging Process:

1 Sorting & Cleaning

Coriander is sorted to remove damaged leaves and impurities, then thoroughly washed.

2 Drying:

Coriander (both leaves and seeds) can be dried naturally or using dehydrators to reduce moisture.

3 Packaging:

Coriander is packed in airtight containers, such as plastic bags or glass jars, to maintain its freshness and flavor.

4 Labeling:

Labels are placed on the containers with information about the product, including weight, production date, and expiration date.



Export Packaging Weights:

Container weights can vary based on market requirements, with common weights being:

Small Packages: 50 grams, 100 grams.

Medium Packages: 250 grams, 500 grams.

Large Packages: 1 kilogram, 5 kilograms.





Turmeric

Turmeric (*Curcuma longa*) is a yellow spice widely used in cooking, especially in Indian and Asian cuisines. It is extracted from the roots of the turmeric plant and is known for its distinctive flavor and vibrant color. Turmeric is used in foods and beverages and is also considered a staple in the cosmetic industry.

Health Benefits of Turmeric:

1 Anti-Inflammatory:

Turmeric contains curcumin, a powerful compound that helps reduce inflammation in the body.

2 Antioxidant Properties:

Turmeric is regarded as a strong antioxidant, contributing to the protection of cells from damage.

3 Improving Digestive Health:

It aids in improving digestion and reducing gastrointestinal issues.

4 Immune System Boost:

Turmeric enhances immune system health and is considered beneficial during cold and flu seasons.



Turmeric Packing Process:

The process of packing turmeric involves several steps:

1 Sorting & Cleaning

Turmeric roots are sorted to remove impurities and thoroughly washed.

2 Drying:

Turmeric is dried naturally or using dehydrators to ensure it is moisture-free.

3 Grinding:

The dried turmeric is ground into a fine powder.

4 Packaging:

Turmeric is packed in airtight containers, such as plastic bags or bottles, to preserve its flavor and color.

5 Labeling:

Labels are placed on the containers with information about the product, including weight, production date, and expiration date.



Export Packaging Weights:

Container weights vary based on the target market, with common weights including:

Small Packages: 50 grams, 100 grams.

Medium Packages: 250 grams, 500 grams.

Large Packages: 1 kilogram, 5 kilograms.





Thyme

Thyme (*Thymus vulgaris*) is an aromatic herb used in cooking and seasoning, known for its strong flavor and fragrant aroma. It is an essential ingredient in many Mediterranean and Middle Eastern cuisines. Thyme can be used fresh or dried and is an ideal component for various dishes, including salads, meats, and sauces.

Health Benefits of Thyme:

1 Antibacterial Properties:

Thyme contains antibacterial compounds that help combat infections.

2 Immune System Boost:

It is a rich source of antioxidants that enhance immune system health.

3 Digestive Improvement:

Thyme helps alleviate digestive issues such as bloating and indigestion.

4 Respiratory Aid:

Thyme is used in some natural remedies to help relieve coughs and respiratory problems.



Thyme Packing Process:

The process of packing thyme involves several steps:

1 Sorting & Cleaning

Thyme leaves are sorted to remove damaged or diseased leaves, then thoroughly washed.

2 Drying:

Thyme is dried either in the sun or using special dehydrators to preserve its flavor and aroma.

4 Packaging:

Dried thyme is packed in airtight containers, such as plastic bags or glass jars.

5 Labeling:

Labels are placed on the containers with information about the product, including weight, production date, and expiration date.



Export Packaging Weights:

Container weights can vary based on the target market, with common weights including:

Small Packages: 50 grams, 100 grams.

Medium Packages: 250 grams, 500 grams.

Large Packages: 1 kilogram, 5 kilograms.





Dried Chili Pepper

Dried chili pepper is a spice used to add heat and flavor to dishes. It is made from chili peppers (typically from the hot variety) that are dried and ground into a fine powder or left in flake form. Dried chili pepper is used in many cuisines around the world, including Mexican, Italian, and Asian cooking.

Health Benefits of Dried Chili Pepper:

1 Boosting Metabolism:

Dried chili contains the compound capsaicin, which helps increase metabolic rate and fat burning.

2 Anti-Inflammatory Properties:

Capsaicin has anti-inflammatory properties, which may help alleviate certain conditions.

3 Improving Digestion:

Chili peppers stimulate the secretion of digestive juices, enhancing the digestive process.

4 Immune System Support:

Dried chili peppers are rich in antioxidants that promote immune system health.



Dried Chili Packing Process:

The process of packing dried chili peppers involves several steps:

1 Sorting & Cleaning

Peppers are sorted to remove any impurities or damaged peppers, then thoroughly washed.

2 Drying:

Peppers are dried using natural methods or dehydrators to ensure complete moisture removal.

3 Grinding: (if necessary)

Dried peppers can be ground into a fine powder or left in flake form depending on demand.

4 Packaging:

The product is packed in airtight containers, such as plastic bags or glass jars, to preserve flavor and heat.

5 Labeling:

Labels are placed on the containers with information about the product, including weight, production date, and expiration date.



Export Packaging Weights:

Container weights vary based on the target market, with common weights including:

Small Packages: 50 grams, 100 grams.

Medium Packages: 250 grams, 500 grams.

Large Packages: 1 kilogram, 5 kilograms.





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