Harrewyn Organics is South Africa’s leading supplier of imported and locally produced premium quality, certified organic food and beverage products. We have identified the following range of products as being popular and in demand over the past 7 years of supplying the South African Market.

The organic movement is addressing health and environmental issues by minimizing the use of harmful preservatives, additives, artificial fertilizers and pesticides in the food chain. Statistics have shown that the sector is growing by 300% per annum in response to customer demand and awareness. Organic is becoming more affordable as the trend towards green cuisine grows.
**Bragg**

Bragg Live Foods, Inc. is the result of a life time of crusading the world of good Health worldwide since 1912. Paul C. Bragg, originator of Health Food Stores in America, founded the company, now run by his daughter Patricia Bragg, N.D., Ph.D., who continues to spread the gospel of health by providing natural healthy products:

"You are what you eat, drink, breathe, think, say and do. Take control to live a long, vital, happy life!"

**Amino Acids:**

Bragg Liquid Aminos is a Certified NON-GMO liquid protein concentrate, derived from healthy soybeans that contain essential and non-essential Amino Acids in naturally occurring amounts. Great on Salads & Dressings, Soups, Veggies, Rice & Beans, Tofu, Wok & Stir-fries, Tempeh, Casseroles, Potatoes, Meats, Poultry, Fish, Jerky, Popcorn, Gravies & Sauces, Macrobiotics. Bragg Liquid Aminos has a small amount of naturally occurring sodium. No table salt is added. This is Kosher certified.

**Apple Cider Vinegar:**

Bragg Organic Raw Apple Cider Vinegar is made from delicious, healthy, organically grown apples. It’s a wholesome way to add delicious flavor to salads, veggies, most foods, and even sprinkle over popcorn. Apple Cider Vinegar has been highly regarded throughout history. In 400 B.C. the great Hippocrates, Father of Medicine, used it for its amazing health qualities. It contains the amazing Mother of Vinegar that occurs naturally as strand-like enzymes of connected protein molecules.

**Nutritional Yeast:**

Nutritional Yeast Seasoning provides great-taste and nutrition when added to a wide variety of foods and recipes. Makes a healthy delicious seasoning when sprinkled on most foods, especially salads, vegetables, potatoes, rice, pasta and even popcorn!
King Island Coconut Water:

Young Coconuts are ranked as one of the highest superfoods available. King Island 100% Coconut Water is sourced from sustainable farms in Thailand, which is regarded as having the best flavor and quality coconut water available. Coconut water is densely nutritional with high levels of various minerals such as Potassium, Sodium, Magnesium, Iron, calcium and Phosphorus. With these high levels of essential vitamins and minerals, research has shown that coconut water is beneficial for heart and skin health and assists in alleviating stress. Coconut water is a low fat, low sugar, refreshing and hydrating drink packed with electrolytes, making it the perfect drink for a healthy and active life.

Available in cases of 36, 250ml Tetra Pak containers.
Red Espresso is a premium Rooibos tea refined to an espresso grind similar to coffee, and is produced for use in espresso and coffee appliances. Expressed, it delivers a strong rich taste of Rooibos. In its concentrated expression, Red Espresso is richer in flavour and higher in antioxidants than regular Rooibos tea. Rooibos espresso is 100% natural and naturally caffeine-free.

Compatible with standard espresso and coffee appliances, this product can be used to make a variety of delicious Rooibos drinks: Red espresso, red iced-tea, red cappuccino, red latte and much more.

Available in:

- 125g pouch
- 250g pouch
- 1kg bulk pouch
Superfoods

Superfoods are nature’s most nutritionally dense fruits, roots and leaves which are used to enhance and promote a healthy diet and lifestyle. By definition they are calorie sparse and are high in anti-oxidants, minerals and essential nutrients. These superfoods are generally powdered form and can be added to smoothies, desserts and in food preparation.

• Raw Cacao - Powder, Butter, Nibs, Powder

Raw Cacao is the main ingredient in the production of chocolate. The difference is that this cacao has not been roasted, i.e. has not been subjected to extreme temperatures. In its raw state cacao is one of the most nutritionally dense foods on our planet, offering one of the highest doses of anti-oxidants from any food as well as a huge mix of vitamins and minerals. One of the minerals found in abundance in raw cacao is Magnesium that promotes a healthy heart and blood pressure. It is also known as a ‘feel good food’ due to the presence of serotonin, dopamine, and phenyl ethylamine; three well studied neurotransmitters that help alleviate depression and are associated with feelings of well being.

Available in:

- Raw Cacao Butter - 200g
- Raw Cacao Nibs – 200g
- Raw Cacao Beans – 200g
- Raw Cacao Powder – 200g

• Maca Powder

Maca is a very densely nutritious food that originates from the high mountain regions of Peru where it has been consumed for millennia due to its many health-giving properties. Maca contains high amounts of vitamins, minerals, enzymes and all the essential amino acids. Maca is known to increase strength and stamina, control hormones and enhance libido.

➢ Maca Powder – 200g

• Mesquite Powder

Used as a staple food for centuries by desert dwellers, this high protein meal contains good quantities of calcium, magnesium, potassium, iron and zinc, and is rich in the amino acid lysine as well. Its low GI helps maintain stable blood sugar levels.

➢ Mesquite Powder - 150g
• **Lucuma Powder**

Lucuma is a delicately flavored tropical fruit native to the cool highlands of coastal valleys in Peru. This fruit, which was once referred to as the Gold of the Incas, is packed with nutritional goodness that soothes the nervous system as it is loaded in vitamin B3 - the nutrient known to aid in depression. This amazing fruit is also rich in fiber, iron and carotene. It has a sweet caramel flavor.

- Lucuma Powder – 150g

• **Purple Corn Powder**

Purple corn contains a variety of phytonutrients (plant nutrients). Research shows that crops with these phytonutrients have high levels of antioxidant activity. It is also an anti-inflammatory and encourages connective tissue recovery. Purple corn flour can be used wherever you would use regular corn flour, corn meal, or as a substitute for other flour to give your favorite corn based dishes an extra antioxidant burst. It can be used in raw chocolates, breads, tortillas, pancakes, muffins, and cakes. It will add an amazing color to your traditional recipes while boosting the nutritional value.

- Purple Corn Powder - 150g

**Agave Sugar**

The Agave plant grows naturally in the dry interiors of South Africa and is a fantastic natural sweetener. Agave is three times sweeter than ordinary table sugar and has a very low GI of that makes it suitable for diabetics as it does not spike blood sugar levels. Agave is flavour-neutral and therefore enhances the flavour of foods without altering the flavours.

- Agave Sugar - 500g

**Kalahari Rock Salt**

Kalahari Salt is pure pristine 100% all natural, sun dried, underground salt, harvested in the semi - desert of South Africa.

- Course Refill packet – 500g
- Fine Refill packet – 500g
- Salt Grinder – 100g
- Salt Shaker – 100g
Mate Del Sol:

Mate Del Sol is a Yerba Mate tea grown in the southern region of the Amazon Rain Forest. The leaves from the Mate trees are handpicked and dried in wood ovens. Yerba Mate production is run by small farm owners who protect the quality of this crop by not using pesticides or artificial additives.

Yerba Mate is known for its fantastic health properties: It is significantly high in anti-oxidants which research has shown is fantastic in cancer prevention and to help in heart disease. Yerba Mate is also high in Vitamin A, B and C. It is also high in minerals Calcium, Manganese, Iron, Selenium, Magnesium and Zinc.

Yerba Mate is also beneficial in increasing energy, improving mental clarity and immune system boosting and weight loss.

Whole Earth Drinks

Whole Earth sparkling drinks combine delicious natural fruits to create tasty and refreshing sparkling drinks. All ingredients used are natural and organic. There are no sugars are added, the only sugars in this product are those naturally occurring from the fruits used.

Please note, as this drink is made from natural ingredients, it may contain slight sediment, but that can only be a good sign! More good news...this drink contains no artificial colours, preservatives or flavours, and is suitable for vegetarians and vegans.

These are available in 300ml cans and are available in the following flavours:

- Ginger
- Lemonade
- Cranberry
- Elderberry
- Apple and Raspberry
Kallo’s belief has always been that by using only the best natural and organic ingredients they can deliver a delicious range of products that are naturally good for you. They are proud to say 20 years later they still honour this ethos with none of their products containing any artificial additives or nasties.

We have a selection of Stock Cubes available in the following flavours:

- Yeast Free Vegetable Stock Cubes
- Vegetable Stock Cubes
- Chicken Stock Cubes
- Beef Stock Cubes

Eden is the oldest natural and organic food company in North America and the largest independent manufacturer of dry grocery organic foods. We offer a range of Soya milks, miso, sea vegetables and Japanese specialty items.

**Miso Barley:** Excellent for every day use, in any season. Digestive enzymes, protective isoflavones, and fatty acids found in miso contribute to good health. It is low fat, wheat free, and easy to use in a re-sealable standing pouch. It is Kosher certified.

**Sea vegetables:** have traditionally been consumed in moderate amounts and on a regular basis to provide a balanced intake of minerals.

**Edensoy:** It created the nondairy liquid food category in July 1983. It remains the only U.S.A. soymilk that is properly prepared to nurture human beings. Eden organic ingredients, reverse osmosis purified water, refined engineering, 240 continuous quality control checks, and years of study on how to best prepare soybeans for human assimilation, assures the best possible, most pleasing nourishment in soymilk.
Montezuma Chocolates

Montezuma Chocolates are an award-winning brand of absolutely delicious chocolates from the UK. The full range includes both Organic as well as some non-organic bars. The ingredients used are sourced Fair Trade and are of the highest quality available. There are flavor combinations to satisfy almost all taste buds and the funky packaging definitely makes for an attractive shelf presence.

Montezuma Mini Bars – 30g

These beautiful and very cute little chocolate bars come in boxes of twenty-six.

Available Flavours: Smooth milk, 73% Dark chocolate, dark chocolate and Chili, 54% Butterscotch and White Raspberry.

Organic 100g Slabs

Our organic chocolate bars are the perfect starting point to explore our innovative range of chocolates. Made with organics ingredients, from our very dark 73% bar to our creamy white bar we are confident that you will adore these chocolate slabs.

Sensation 100g Slabs

These fun and interesting flavor combinations make eating chocolate an experience to be remembered:
Dark Chocolate

- 100g Lordy Lord
  - With cacao nibs

- 100g Sea Dog
  - With lime and sea salt

- 100g Spice it Up
  - With dragon ginger

Milk Chocolate

- 100g Apple Crumble
  - With apple and biscuit

- 100g Treacle Tart
  - With toffee and hazelnut

- 100g Minted
  - With crunchy peppermint

White Chocolate

- 100g Culture Shock
  - With chili and ginger

Dark & White Chocolate

- 100g Eton Mess
  - With strawberry and meringue

- 100g Bean Machine
  - With Coffee
Organic, whole grain wheat & gluten free noodles for a healthy balanced diet. Our noodles are made from whole grains which are carefully sourced and certified according to organic standards and processed in a dedicated wheat-free factory.

100% Brown Rice Noodles (250g)
Made from 100% organic brown rice. Brown rice retains many health-giving nutrients, fiber, B vitamins and minerals such as selenium and magnesium. Ingredients: Organic brown rice flour, water.

Millet and Brown Rice Noodles (250g)
Millet is a highly nutritious grain and considered to be one of the least allergenic grains available. It has significant levels of protein, fiber and B complex vitamins. Ingredients: Organic brown rice flour, organic millet, water.

100% Buckwheat Noodles (250g)
Made from 100% buckwheat - a plant with a high protein and fiber content and high levels of minerals. Suitable for wheat free diets. Buckwheat is also a low GI food. Ingredients: Organic buckwheat flour, water.

Thai Rice Noodles (250g)
Wheat and gluten free. Typical creamy white easy cook noodles, which lend themselves to the preparation of many hot and cold oriental dishes.

Sweet Potato and buckwheat Noodles (250g)
Buckwheat is high in a unique protein, which lowers cholesterol and is rich in minerals such as magnesium. Sweet potato is a rich low-fat source of vitamin A, E and C and is high in potassium. Ingredients: Organic buckwheat flour, organic sweet potato (5%), water.
Pumpkin and Ginger Noodles (250g)

Rich in potassium, low in calories and loaded with beta-carotene (an important antioxidant). Blended with health-giving ginger and wholesome, nutty brown rice, these wheat and gluten free noodles are delicious hot or cold.

Brown Rice and Wakame Noodles (250g)

Wakame is a sea vegetable high in minerals such as iron and calcium that is known to cleanse and detoxify the body. Ingredients: Organic brown rice, wakame sea vegetable (0.5%), water.

Black Rice Noodles (250g)

These noodles are made with black rice, which turns deep purple on cooking. Black rice is particularly nutritious containing five times more protein and minerals than ordinary white rice and are rich in iron, calcium, zinc, manganese, selenium and B vitamins.

Organic Mighty Miso

A live fermented food made from organic soybeans and brown rice. Miso is considered to have many health benefits when eaten on a regular basis. King Soba Mighty Miso Soups have been developed as a convenient, tasty and, above all, healthy snack that can be prepared as quickly as making a cup of tea.

Organic Edamame & Soya Bean Miso

Edamame Miso soup contains all the benefits of brown rice miso along with the added goodness of Edamame beans and spring onions. Just add hot water to enjoy this soup as a quick nutritious snack or add noodles or rice for a more hearty meal.

Organic Pumpkin & Vegetable Mighty Miso

This organic Edamame Miso soup contains all the benefits of brown rice miso along with the added goodness of pumpkin, shallots and spring onions.

Organic Tofu & Ginger Miso

Edamame Miso soup contains all the benefits of brown rice miso along with the added goodness of pumpkin, ginger, shallots and spring onions.
Established in 1984 Clipper has been innovators in the hot drinks market for the last 25 years. Leading the way in green, white and organic teas and infusions they were the first tea in the UK to carry the Fairtrade Mark.

All these teas are sourced from the very best tea estates in Africa, India and Sri Lanka. Clipper teas are free from any artificial ingredients and unlike many other tea brands only unbleached teabags are used.

All Clipper infusions, whether herbal or fruit, are fully certified organic. Only the finest ingredients are used to ensure the purity of your drinking experience.

**Organic Sleep Easy Tea – 20’s**

A refreshing and distinctive infusion with cinnamon, chamomile, valerian and other natural herbs enhanced with natural orange flavouring. Naturally caffeine-free. Contains natural herbal ingredients that can help promote and maintain healthy sleep in conjunction with a balanced, varied diet and a healthy lifestyle.

**Organic Detox Infusion – 20’s**

A delicious and refreshing infusion of hibiscus, liquorice root, nettle and aloe-vera. Naturally caffeine free.

**Organic White Tea – 20’s**

Our unadulterated white tea is made from the buds and young leaves of the tea bush. It makes a light, delicate and refreshing brew, which is a natural source of antioxidants.

**Organic Wild Berry Infusion - 20’s**

A deeply fruity infusion, the intense aroma delivers fully with a strong autumnal rich dark fruity drink, refreshing and intense. Contains liquorice - people suffering from hypertension should avoid excessive consumption. If you are pregnant or breastfeeding seek medical advice before drinking this product.
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Organic Lemon & Ginger Infusion – 20’s

A refreshing, delicious and zesty citrus infusion with the deep and warming zing of ginger. Naturally caffeine-free. Contains liquorice - people suffering from hypertension should avoid excessive consumption. If you are pregnant or breastfeeding - seek medical advice before drinking this product.

Organic Orange and Coconut Infusion – 20’s

Taking Fruit Infusions to a new flavour intensity, our delicious, fragrant, Orange and Coconut Infusion delivers a sharp tang of orange and the rounded creaminess of coconut. Naturally caffeine free.

Organic White Tea with Peppermint – 20’s

Our light and delicate white tea has been enhanced and infused with natural peppermint to make a light, delicate and invigorating cup. A natural source of antioxidants.
Organic Nettle Infusion – 20’s

Our nettle has a clean flavour with subtle grassy notes providing a refreshing drink, perfect accompaniment to a healthy diet. Popular with Clipper’s hay-fever sufferers during the summer months. Naturally caffeine free.

Organic Indian Chai – 20’s

A tea that is increasing in popularity due to it’s unique warming character a delicious spice combination. If you haven’t tried Chai yet, we highly recommend it; A superb organic tea blended with warming spices to deliver a richly refreshing flavour. Try it with milk and sugar as an afternoon treat.

Organic Dandelion Infusion – 20’s

This highly acclaimed herb delivers a refreshing drink, naturally caffeine free and perfect as part of a healthy diet.

Organic Raspberry Infusion – 20’s

A refreshing, distinctive and delicious blend of raspberry leaf and other natural herbs enhanced with natural raspberry flavour. Free from Caffeine. If pregnant, seek medical advice before drinking this product. Raspberry leaf should be avoided by those in the early stages of pregnancy.

Everyday Organic Tea – 40’s

Our Fairtrade Everyday Tea is our flagship blend, sourced from Fairtrade-certified tea estates in Africa, India and Sri Lanka.
Pukka have created a beautiful range of organic herbal teas to suit your every mood and moment. Pukka is passionate about herbs and are proud to bring you the best available. After all, this range of teas is inspired by the great traditions of herbalism, Ayurveda and Nature. All the herbs in Pukka teas are grown in sustainably managed certified organic projects. Specially blended by master herbalist Sebastian Pole, each blend is full of flavour and rich in therapeutic benefit.

Each Pukka tea box contains 20 separately enveloped and tagged teabags:

**Revitalise:**

Cinnamon, Cardamom & Ginger Organic herbal blend to warm and invigorate. Revitalise tea is a unique blend of warming herbs with fantastic invigorating properties. Drink it throughout the day to boost your vitality and maintain a healthy glow.

**Refresh:**

Organic peppermint, fennel & rose tea: to uplift & balance. Refresh tea is a unique blend of uplifting herbs with fantastic refreshing properties. It’s best enjoyed after a meal to help digestion and freshen the palate.

**Relax:**

Organic chamomile, fennel & marshmallow root tea: to calm & soothe. Relax tea is a unique blend of calming herbs with fantastic soothing properties. It is best drunk in the evening to release the tension of the day.

**Love:**

Organic rose, chamomile & lavender flower tea: to warm your heart. Love tea is a unique blend of fragrant herbs with fantastic soothing properties. Drink Love tea to help you feel cherished and well nourished, night and day.
Detox:
Organic aniseed, fennel & cardamom tea: to cleanse & revive. Detox tea is a unique blend of cleansing herbs with fantastic detoxifying properties. Drink daily to enjoy the full benefits of this wonderfully soothing digestive tea.

Cleanse:
Organic nettle, fennel & peppermint tea: to purify your skin. Cleanse tea is a unique blend of cleansing herbs with fantastic purifying properties. Drink it throughout the day to help maintain a healthy, glowing complexion.

Harmonise:
Organic rose, sweet vanilla & chamomile tea with shatavari: balancing for women. Harmonise tea is a unique blend of balancing herbs with fantastic regulating properties. Drink it throughout the month to help you find your perfect balance.

Three Mint:
Organic peppermint, spearmint & field-mint tea: to refresh & soothe digestion. Three Mint tea is everything a mint tea should really be - sweet yet intensely fresh with a delicately aromatic scent. Three delicious varieties of mint leaves have been used to create the fullest flavour. It will help support digestion and refresh the palate.

Three Ginger:
Organic ginger, galangal & golden turmeric tea: to uplift & warm. Three Ginger tea is everything a ginger tea should really be – rich, spicy and stimulating.

Three Fennel:
Organic sweet fennel, wild fennel & fennel leaf tea: to soothe & calm. Fennel tea as it should be; deliciously sweet, aromatic and soothing. Three varieties of fennel have been used to create an abundance of flavour that also helps calm and support your digestion. Fennel has been used to support health for thousands of years and we have created a unique blend to harness this incredible potential.
Three Tulsi:

Organic green tulsi, purple tulsi & lemon tulsi tea: to uplift & restore. Three Tulsi tea. Tulsi is often referred to as 'The Sacred Herb' or 'Holy Basil' due to its potential to lift your spirits. Three delicious varieties of tulsi leaf have been used to create an intriguingly fresh and zesty blend.

Night Time:

Organic oat flower, lavender, lime-flower & valerian tea: for a peaceful night’s sleep. Night Time tea is a unique blend of soothing herbs to help you unwind. Drink it in the evening to prepare you for a deep, restful sleep and a more refreshed awakening.

After Dinner:

Organic fennel, chicory & cardamom tea: deliciously aromatic & calming. After Dinner is a wonderfully rich and naturally caffeine-free herbal tea. It is a unique blend of aromatic herbs that help soothe digestion - a great alternative to coffee or mint tea after a meal.

Chamomile and Vanilla:

A delicate, soothing organic herbal tea – 100% caffeine free. The finest, organic chamomile flowers have been selected to create this beautiful mellow tea, given a subtle twist by adding delicious sweet vanilla pods.

Lemongrass and Ginger:

Delightfully refreshing & uplifting. Lemongrass and ginger is a delightfully fresh, uplifting organic herbal tea. 100% caffeine-free. The finest, organic lemongrass has been selected for this fragrant, zesty tea, then blended with ginger for a subtle spicy finish.

Mint Green:

Organic green tea with sweet spearmint. A truly superior tasting, smooth green tea – with a refreshing hint of sweet spearmint. So we hand picked some of the finest organic Sencha green tea from Fairtrade smallholders in China and gently dried the whole leaf to retain the fantastic, delicate flavour.
Green Chai:

Organic herbal tea with sweet cinnamon & star anise. Green chai with green tea and warming herbs for you to enjoy. It contains a mix of six organic and Fairtrade herbs sourced from small, independent farmers around the world. Each is renowned for helping to bring a bit of spice into your life.

Vanilla Chai:

Caffeine-free vanilla chai with sweet, warming herbs for you to enjoy. It contains a mix of six organic and Fairtrade herbs sourced from small, independent farmers around the world. Each is renowned for helping to bring a bit of sweetness into your life.

Translated from Hindi to mean ‘authentic’, ‘genuine’ or, more colloquially, ‘top-quality’, ‘Pukka’ epitomizes all that we represent – our ethos, ambition and everything we create.
McNab's is passionate about bringing “FeelGood” into the world. How? Simple! To make a range of African Natural products that: Are Good, Do Good and Feel Good. The finest African ingredients are used to create a range of healthy and tasty snacks.

**Foodbars:**

McNab’s FeelGood FoodBars are cold pressed so they not only use less energy to make, but they’re also highly nutritious. Each one contains a good serving of oats, fruit and nuts delivering plenty of fiber and nutrition. And they’re absolutely delicious:

- African Cocoa
- Zanzibar Spice
- Cape Apricot

12 Independent 40g foodbars per box

**Chews:**

McNab’s FeelGood Wild Baobab Fruit Chews are a natural, healthy, nutritious snack. They are a great alternative to sweets and are a guilt-free snack packed with real African fruit and: NO artificial colourants, NO artificial flavourings and NO artificial sweeteners!

16 Independent 30g packets of fruits chew per box
The story of Rooibos is a uniquely interesting one... It was the local people who first discovered that the fine, needle-like leaves of the wild Aspalathus Linearis plant made a tasty, aromatic tea. It is native to the northern Cedarberg region in the Western Cape, South Africa and can grow up to 1.5 meters in height. Rooibos tea, cherished for its mahogany colour, deep aroma, full-bodied taste and health benefits, is today a very popular drink worldwide. It is enjoyed hot or iced, with milk or without, even baked into sweets and gourmet meals.

Top QualiTea Rooibos tea is known in the industry for its best taste and quality. 100% fine leaves cut in pot bags with its distinctive taste of tannins contains many important minerals and antioxidants caffeine free and well suitable and refreshing around the clock. Try Rooibos tea cold, as ice tea or mixed with fruit juice as a summer refreshment. You can even bake and cook with Rooibos tea instead of water. This range of Rooibos tea is available in natural or any of the below infusions:

- Rooibos & Buchu
- Rooibos & Chai
- Rooibos & Spicy Orange
- Rooibos & Buchu
- Rooibos & Lemongrass
- Rooibos & Orange
- Rooibos & Honey Bush
- Rooibos & Mint
- Rooibos & Vanilla
- Rooibos & Lemon
- Rooibos & Honey Bush & Ginger
- Rooibos & Spicy Orange
- Rooibos & Honey Bush & Buchu
Rozendal Farm nestles snugly on the threshold of the Jonkershoek Valley, close to the town of Stellenbosch. A working farm for over 150 years, today Rozendal is managed according to biodynamic principles, thus ensuring fertile soils, clean water and a healthy spirit. Rozendal is home to a range of botanical vinegars that tickle the palate and nourish body and soul.

### 375ml Vinegar Selection:

The range of Rozendal Vinegars includes those infused with Fynbos, Green Tea, Lavender and Hibiscus:

- **Hibiscus**: Best Vinegar Award – SOFI 2011
- **Lavender**
- **Fynbos**
- **Green Tea**

### Gift Box (50ml x 4)

A beautifully presented variety vinegar selection pack.
Waverley Hills Estate is situated between Tulbagh and Ceres, South Africa, at the foothills of the breathtaking Witzenberg Mountain Range. Waverley Hills olive products are organically certified by SGS (Societe Generale de Surveillance) - the world's leading inspection, verification, testing and certification company - that stipulates that no pesticides or herbicides may be used, in order to protect the environment and to produce grapes and olives as environmentally-friendly and healthy as possible.

**Waverley Hills Organic Extra Virgin Olive Oil**

It is produced from premium, organically-grown olives that are handpicked and cold-pressed within 48 hours in order to obtain the finest quality oil. This olive oil has a low acidity level, is rich in antioxidants and non-saturated fats.

500ml

**Waverley Hills Olive Tapenade**

Our tapenade is extremely popular and has a rich olive aroma and piquant flavour.

125ml

**Waverley Hills Kalamata Olives**

Our olives are picked at optimal ripeness and left to soak in brine for at least a year before bottling.

The Kalamata olive is a black table olive cultivar, which is fleshy with a small pip.

415g
Skimmelberg Teas:

We are a family owned company, rooted in the local community with extensive experience gained over generations in the production of rooibos and buchu products.

As both growers and processors of our own produce, we can ensure highest standards in the entire production process, and as such take pride in the outstanding quality of our products.

Rooibos Tea Range

Rooibos is a soothing caffeine free tea and is high in antioxidants. Rooibos has also been reported to assist with nervous tension, allergies, and digestive problems. Green Rooibos has a higher antioxidant capacity than fully oxidised rooibos.

- **Rooibos Espresso**
  - Loose Tea - 200g

- **Rooibos with: Vanilla, Buchu or Natural**
  - 40 Teabags

- **Green Rooibos**
  - 20 & 40 Teabags

Buchu Tea

This is one of South Africa’s best superfoods. Buchu is used as a herbal medicine and has a wide range of bio-available minerals and vitamins. Consuming Buchu has been known to aid genital and urinary tract disorders, cystitis, rheumatism, and is a mild diuretic.

- **Buchu Tea**
  - 40 Teabags
We bring you fresh, natural and healthy food of clean integrity that is not copyrighted or factory farmed. Earth Products offer a wide variety of good foods: Tofu and soya products, sprouts, beans, legumes, grains, dried fruits & nuts, nut butters and spices. We endorse certified organic, savage organic and peer-reviewed natural farming practices. We then share the gift of real food building strength, intelligence, respect, potential and manifestation. If we won’t eat it, we won’t sell it – this is EARTH PRODUCTS!

Beans & Legumes, Grains and Rice:
Our focus here is to stock Organic, wherever possible. The necessities of any healthy diet, Earth Products offer a wide selection of product from millet, quinoa, lentils, and to Basmati rice and puffed cereals. A little known fact about beans: their gentle fiber stabilise blood sugar and help prevent colon cancer. It’s all in the art of cooking! Note: Organic beans are reliable sprouts’!

Dried Fruit, Nuts and Seeds
No preservatives, no added sugars, a great range of deciduous fruit to high quality nuts and coconut.

Nut & Seed Butters
100% pure and freshly ground almond, cashew, macadamia, peanut and sesame (tahini) nut butters! Pure nut butters - no oils added, hydrogenated or otherwise. No emulsifiers, sugar or salt

Spices
Spices are a natural source of aromatic oils and trace elements and do their bit to balance the five elements in us: earth, water, fire, air and ether! Spice up your food and life! non-irradiated spices
Company Details:

Harrewyn Organics (Pty) Ltd

Vat Registration: 4080229554
Company Registration: 2005/025955/07

Contact us on:

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