

Product Specifications: Certified Organic Mayan Ramon Nut

Latin Name: *Brosimum alicastrum* Swartz

Origin: Guatemala

State: Unroasted or roasted, whole or ground

Detail: Wild harvested

Packaging/Storage: Best kept dry and sealed at
at 70° F and 60% RH. Packed in inner polyethylene
bags in outer polyweave bags or cardboard boxes

Certification and Compliance:

Organic: International Certification Services, Inc.
Compliant for NOP and EC regulation 2092/91
GMO-free.

Kosher--Kosher Supervision of America (KSA)

Issue Date: 11 November 2001

Revision Date: 28 February 2006

Product Description: The Mayan Ramon Nut (Breadnut) tree grows abundantly among the Mayan ruins in Guatemala's Peten. Reaching heights up to 36.5 meters, it typically flowers from November to February. Its fruits (about 2.5 cm in diameter) mature to a yellowish green or orange color between March and May. Inside the fruit is the "nut" or seed. Dried and milled, the Ramon Nut can be ground into flour and used in the same applications as flour made from corn, wheat, rice, quinoa, amaranth, oats, etc. It also can be roasted and ground for use in tea blends, coffee alternatives, and nutritional drinks. Ramon Nut is known to be very nutritious, containing high levels of protein, including tryptophan, the most commonly limiting amino acid.

Project Description: ForesTrade's partnerships with cooperatives and farmer organizations in Guatemala help these former refugees and displaced people of Mayan ancestry regain their lands, increase their incomes, and support the national peace process.

Organoleptic Characteristics:

Appearance:	Dried, irregular/oval, curved seeds, approximately 2 cm long
Color:	Medium to dark brown
Aroma:	Aromatic, characteristic; when roasted it has characteristics resembling coffee and chocolate
Flavor:	Pungent until roasted, then smoky and chocolaty undertones

Physical & Chemical Properties and Limits:

Property:	Limit:
Moisture	≤10 %

Microbiological Properties and Limits:

Property:	Limit:
Standard Plate Count	≤ 1,000,000 cfu/g
Yeast	≤ 10,000 cfu/g
Mold	≤ 10,000 cfu/g
Salmonella	Negative/25 g
E. Coli	Not Detected (< 10 mpn/g)

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