

# NATURALLY HANDMADE 2022

*FOOD PRODUCTS  
SOUTHERN AFRICA*

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TRADE FORWARD  
SOUTHERN AFRICA

Supported by





**NATURALLY  
HANDMADE**

## **ABOUT TRADE FORWARD SOUTHERN AFRICA**

Trade Forward Southern Africa (TFSA) provides support and services to exporting and export-ready businesses in SACU+M countries. Funded by the UK government, these much-needed services are completely complimentary. TFSA empowers firms to tackle the main non-tariff barriers and navigating complex trade and customs challenges – through this, we strengthen local value chains and help local economies grow. Some of our key services include access to key trade information, monthly trade-focused webinars and self-paced export training, with a particular focus on five sectors (Aquaculture, Condiments and speciality foods, Cosmetics and natural ingredients, Fruits, nuts and vegetables, and Green technology and renewables) as well as support tailored specifically for women entrepreneurs.

[www.tfsouthernafrica.org](http://www.tfsouthernafrica.org)

Facebook: [@TradeForwardSouthernAfrica](https://www.facebook.com/TradeForwardSouthernAfrica)

Linkedin: [@company/trade-forward-southern-africa](https://www.linkedin.com/company/trade-forward-southern-africa)

## **ABOUT FAIR & SQUARE**

Fair & Square is business support organisation building the capacity of 189 enterprises in 9 Southern African countries. Fair & Square work with our enterprise partners to grow exports from the region to provide dignified livelihoods. Our network of natural cosmetics, handmade and food enterprises has a philosophy of working as collective for the betterment of all, our vision is simple “making poverty history in Southern Africa”.

Our methodology is based on a brick by brick method, building strong, export ready enterprises that have solid foundations and skills for growth and all of our business training is supported by a strong market access programme allowing our partners to “Earn while they Learn”.

Our work over the past year has been funded by the Government of the United Kingdom through Trade Forward Southern Africa (TFSA). The capacity building programme has focused on the food and natural cosmetics sectors, building their knowledge around hygiene and safety, product labelling and brand building to position them for exporting.

Fair & Square is training women in the Export Trade Training Program, another TFSA initiative, building the economic empowerment of women in trade.

In total the TFSA funding has enabled Fair & Square to train, develop and grow 72 enterprises from the region as well as training 21 trade support government officials to build their knowledge and skills in mentoring enterprises.

The Government of the United Kingdom through TFSA are an outstanding partner and the capacity building and market access opportunities the provide is exactly what Africa needs, Trade not aid.

[www.fairandsquare.org.sz](http://www.fairandsquare.org.sz)

Instagram: [@sz\\_fair\\_and\\_square](https://www.instagram.com/sz_fair_and_square)

**NATURALLY  
HANDMADE**

# FOOD PRODUCTS

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## Botswana

Maungo Craft

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## Eswatini

Black Mamba

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## Malawi

Mzuzu Coffee

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## Mozambique

Limpho Productos  
Alimentares

Nutriverde Okala

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## South Africa

Cape Hot House  
Vegetables  
(Fynbos Fine  
Foods)

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## Zambia

Chase Flavours CC

Kapenda Mabula  
Natural Products  
(Luano Honey)

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The rich African sun and soil provide the perfect combination to grow amazing produce. From unique indigenous ingredients such as Baobab and Marula to coffee and spicy chillies, these companies make their ingredients shine.



Taste those fresh chilli flavours in our sauces? You can thank Thandi and Zanele for that. Also, all the small farmers who grow delicious organic produce for Black Mamba, which makes it so dangerously tasty, should be appreciated.

Black Mamba is an ethical brand from Eswatini that manufactures specialty foods that are good for you, good for the planet, and good for the rural communities of Eswatini. Their range includes chilli sauces, pestos, chutneys, and jams, made with organically grown ingredients and no added nonsense.

Black Mamba sources its fresh, organic produce through Guba, a local permaculture NGO. Guba trains and collaborates with 50 smallholder farmers who grow fresh organic herbs and chillies for Black Mamba's products. The direct positive impact of this partnership reaches over 1,000 individuals in Eswatini.

Black Mamba has won several Great Taste Awards for their chilli sauces, and they currently export their range to countries such as the US, the UK, Germany, Norway, Taiwan, and South Africa.

"We aim to become a cult brand, connecting food lovers across the world to generations of growers, proving that the planet and people matter."

We aim to show the world that Africa can provide first-world products while keeping a strong social and environmental ethos.

... and we want to achieve chilli world domination! (Having fun while doing it)



PRODUCTS

CHILLI SAUCES

- Habanero
- Chipotle
- Cayenne
- Jalapeno
- Peri-Peri

PESTOS

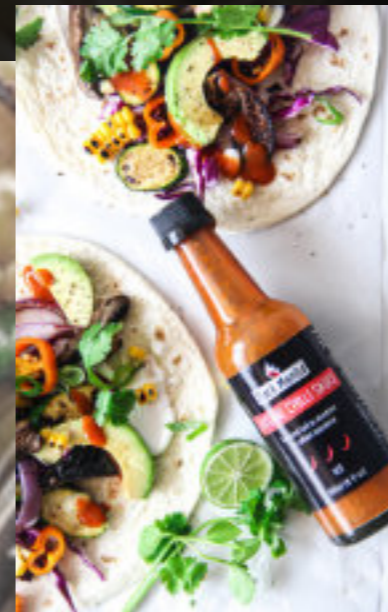
- Basil & Cayenne
- Coriander & Jalapeno

CHUTNEYS

- Spicy Mango
- Beetroot Ginger
- Green Papaya

JAMS

- Mango
- Peach & Ginger
- Pineapple Mango
- Apple
- Orange Marmalade



Get in Touch

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# CHASE Flavours

**CHASE Flavours are delicious hot chilli sauces with Saint Lucian and Namibian roots that are made for chilli lovers who know what they like.**

Each unique batch is passionately prepared, handcrafted, blended, and homemade from the finest chillies the season has to offer. Sizzles hot chilli sauces may vary in heat depending on which available chilli types make the cut, to live up to the quality and standard the brand is known for. The best herbs, spices, and vegetables are added to make a great mix of flavors with just the right amount of heat to please even the most discerning chilli lover.

Our sauces will set your plate ablaze, and we caution you to enjoy them responsibly. Try a bit before going in for more. Add some to your casseroles, soups, and other dishes for a little extra kick and a whole lot of extra flavour (go in slow, it can get really hot in there!)

In addition to the signature Sizzles Hot Sauces, Chase Flavours also produces healthy pestos, using the freshest, finest ingredients preserved naturally. These can be enjoyed on their own or added to your cooking fare.



## PRODUCTS

### HOT SAUCE

**Sizzles Original** - A blend of red hot peppers, vegetables, herbs and spices. Enjoy responsibly, spicy and packed with flavour.



**Sizzles Green** - A fresh, citrusy blend of green hot peppers, with a touch of Caribbean white rum. A perfect all-season milder hot sauce.



### OTHER PRODUCTS

**Pumpkin Seed Pesto** - Lightly Toasted pumpkin seeds with garlic in olive oil.

**Caribbean Seasoning** - A delicious blend of the finest herbs and spices.



### Get in Touch

Email: [sizzles@chaseflavours.com](mailto:sizzles@chaseflavours.com)  
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We are a small family business that was founded in 1996. We have a gourmet commercial kitchen on the farm where we bottle the finest range of products for the local and overseas markets. We specialise in chillies, growing twelve different varieties, as well as lemons.

At Fynbos Fine Foods, all of our products are made from the finest and freshest produce. All natural. In any of our products, we use NO preservatives, NO colourants, NO MSG, or pectin (NO ARTIFICIAL ANYTHING).

Suitable for vegetarians, the chillies, pepper drops, peppers, tomatoes, and herbs are picked early in the morning from our greenhouses and fields and are then bottled in our kitchens under extremely hygienic conditions. We are FSSC Certified—FSSC 22000 is fully recognised by the Global Food Safety Initiative (GFSI) and is based on existing ISO Standards. We follow the 10 Fair Trade principles.

# PRODUCTS

## FYNBOS FINE FOODS PRODUCT RANGE

The Fynbos product range includes a range of hot sauces made with chillies ranging from mild to the hot Ghost pepper. The rest of the range includes pestos, sauces, jams and salsas. Pickles, dried chilli mixes, marinated peppers and olive oils finish out the perfectly seasoned Fynbos range.



### Get in Touch

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# Luano Honey

**Our Zambian raw honey comes straight from the beehive. It is pure, organic honey that has not been heated or changed in any way.**

**Extracted by local bee-lievers that have mastered the art of harvesting in remote and wild Zambian forests.**

It comes from the specific and remote forests of Zambia. The harvesting process is done in a way that doesn't hurt the honey's biological parts or the environment.

Our team extracts the honey in its original state together with the honeycomb.

Then, we carefully separate the honey from its comb in a way that keeps the honey as raw and pure as possible.

In the end, this makes the famously rich and tasty product that everyone in Zambia loves and has grown to like very quickly.

Here at Luano Honey, we love 3 things:

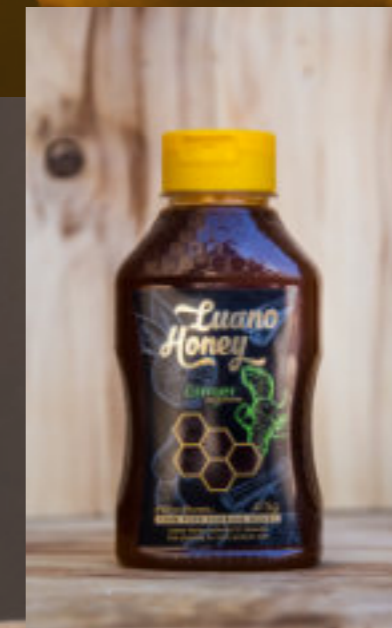
- 1) Our truly premium raw honey, which we bring home and consume ourselves.
- 2) Produced entirely in Zambia. Our bees and flowers are Zambian, as is the processing, packaging, and distribution of honey.
- 3) Support for rural communities. This feeling of giving economic opportunity to remote rural families is more than any amount of money could buy.

Our mission is to bring pure natural honey to the tables of every family in Zambia. This will make for a healthy and happy nation.

## PRODUCTS

### HONEY RANGE

Our honey range is available as Raw Honey, Creamed Honey and Ginger Infused Honey



### ZAMBIAN HABANERO HOT SAUCE

For fans of heat and lovers of flavour, we introduce the mighty Chilli Mbuzi hot sauce!



### Get in Touch

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**Maungo Craft: We put culture in a bottle! We use indigenous foods, which are orphan crops of Botswana, then we pair them with contemporary flavours for unique flavour profiles. We have played around with some flavour profiles and we have created some pretty memorable and novel Gourmet Craft delights.**

Maungo Craft is a multi-award-winning company that started in 2017. They make Handcrafted, Artisanal, Preserves, Hot Sauces and Syrups that are Natural and incredibly flavourful.

Maungo Craft plugs into a value chain by upcycling indigenous foods such as Marula and Baobab that are typically underutilised, and they pair them with contemporary flavours, giving you the most unique flavour profiles.

Having won 13 awards and an endorsement from Martha Stewart, this brand will take you on a culinary joyride. Maungo Craft believes that re-integrating indigenous foods back into the food system will play a role in transforming food systems, climate change, and jobs down the value chain.

They have signature flavours such as: Marula and Rose Syrup; Lerotse and Vanilla Syrup; Roasted Chilli, Garlic and Marula Hot Sauce; Marula, Lemon & Vanilla Jam; Smoked Marula, Chilli & Ginger Jam; and Beetroot, Onion and Baobab Jam.



# PRODUCTS

## HOT SAUCE

Roasted Chilli, Garlic & Marula

## JAMS

Marula, Lemon & Vanilla  
Smoked Marula, Chilli & Ginger

Beetroot, Onion & Baobab

## SYRUP

Marula & Rose  
Lerotse Melon & Vanilla



## Get in Touch

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## “COFFEE FROM THE HIGHLANDS OF MALAWI”

We are a democratic and empowered union of farmers. We produce our coffee with pride and care, and we sell it with dignity and knowledge and understanding of our markets and customer needs.

Our 3000 member farmers (25% women) have been growing coffee since the early 1930s. The union comprises of 6 cooperatives: Misuku Hill, bordering Tanzania, where over 50% of our coffee is produced at an altitude of between 1700 and 2000m above sea level.

Altitudes: Phoka Hills (1300-2500m), Viphya Hills (1200-1500m), Nkhatabay highlands overlooking Lake Malawi (1000-2000m), South East Mzimba on the Viphya plateau (1200-1700m), and Ntchisi East (1200-1800m).

Our goal is to improve the quality of life of our member farmers through sustainable farmer organisations by promoting sustainable production, processing, and marketing technologies.



## PRODUCTS

### COFFEE

Speciality Coffee from our cooperatives in the mountains of Malawi



### TEA

Export quality Tea, from Kawalazi, another speciality product from Mzuzu coffee specifically for those tea lovers



### HONEY

Natural Honey from the forests and fields of Malawi.



### Get in Touch

Website: [www.mzuzucoffee.org](http://www.mzuzucoffee.org)

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Mzuzu Coffee Planters Cooperative Union Limited, P.O Box 20133, Luwinda, Mzuzu 2, Malawi



### Be the author of your own health

Nutriverdeokala is a natural food and supplement company founded by a team of young Mozambicans. The goal is to get more people to use natural products made close to home while keeping the highest quality and safety standards.

Due to the scarcity of natural products in the Mozambican market, we have expanded our imagination into natural mixes, allowing people to explore these natural products without all of the chemicals that are commonly found in food. Based in the tropical Cabo Delgado province, we have access to wonderful tropical flavours such as Hibiscus and ginger, as well as moringa and baobab (Malambe).

We want to build a leading natural food and supplement company in the Mozambican province of Cabo Delgado, based on our values of confidence, respect, belief, humility, and honesty.



# PRODUCTS

## NUTRIVERDEOKALA PRODUCT RANGE

Ginger Powder  
Okra Powder  
Moringa Powder

Malambe Powder  
Hibiscus Powder  
Dried Hibiscus Flower

Wholemeal Flour  
(Mapira, Maxoeira & Marupi)  
Natural Juices  
(Ginger and Malambe)



### Get in Touch

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Passionately prepared, handcrafted, blended, and homemade.

Produtos Meia Tigela, is a small company created in 2014 by a woman with a strong passion for the agriculture sector. It is composed of three women, who process the fruits brought from the countryside by women traders. The jams produced by the company have the brand name "Tsokotsa", a word that means "sweet" in a local language from the South of the country.

The jams produced by the company have the brand name "Tsokotsa", a word that means "sweet" in a local language from the South of the country. The jams are natural and homemade, based on indigenous, exotic, and unique fruits, some of them mixed with some flavourings like chilli, ginger, and cinnamon. They are preserved with 40% raw sugar, have a validity of two years and are certified (HACCP). Fruits are acquired during the season, processed into pulp, and stored in a freezer until the day of processing them into jams. The cooking and the filling processes, as well as the decoration, are all handmade.

Available in 125 ml and 250 ml bottles, decorated on top with a piece of cloth and a ribbon, each flavour has its own colour and has a shelf life of two years.

It is delicious with bread, toast, or pancakes for breakfast, or as an appetiser with a delicious table cheese. It is also largely used in gourmet cuisine, in sweet-sour dishes, in desserts (cheesecake, ice cream, or yoghurts), and in many other ways.

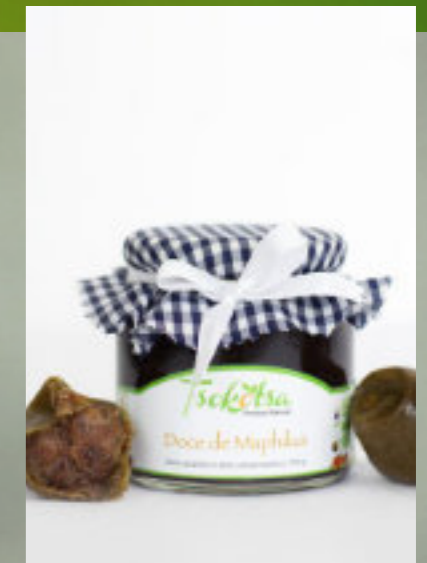


PRODUCTS

THE JAM RANGE

Wild fruits: Malambe with ginger, Maçanica (ziziphus mauritana), Maphilua (vangueria infausta), Massala (strichnos spinosa), Tamarind and Marula (sclerocanya birrea)

Other local fruits: Passion fruit, Strawberry, Mango, Mango with Piri-Piri, Papaya and, finally, Piri-Piri jam.



Get in Touch

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# XIKHABA



Limpho is a company based in Maputo-Matola Province, Machava, founded in 2011, and started its activity to position itself as a reference in agro-industrial activity in Mozambique.

Limpho is a new company that was the first to put the Xikhaba brand on the market. This goes back to the name that people in Mozambique usually call a peanut by-product.

It is a family company that produces peanut butter, using the local availability of peanuts and transforming it into a food product with increased market demand and which until now has been almost entirely imported from neighbouring South Africa. Limpho is characterised by its innovation, its financial and financial sustainability, its social impact, and the impact it has developed on the nutrition of the Mozambican population.

Our goal is to have a full chain for making peanut products and learn more about the different kinds of oil seeds in Mozambique.

## PRODUCTS

### PRODUCT RANGE

Nut butter such as Peanut and Cashew butter is not only tasty but is a great source of energy, protein, vitamins and minerals. Xikhaba range includes both sweetened and zero sugar Peanut and Cashew butter options available.



### Get in Touch

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