

About Us



Promoting Peru is committed to showcasing the riches of Perú; its variety and its diversity, from its agricultural products to its textiles and landscapes, working with the producers to ensure that they receive the value representative of their product in the international markets and that the buyers have complete confidence in the source of their supply.

We connect companies and associations producing agricultural products to international markets, accompanying both the buyers and producers at every step of the negotiation and export process, from identifying the most appropriate producers depending on the requirements to ensuring there are alternative options in the face of any obstacles or delays, all with the focus on ensuring a smooth and successful sale.

Put your trust in us.

We work to the following principles:

- Ensuring you receive the best quality product
- Range of quotes from a selection of trusted producers based on requirements
- Complete traceability and transparency in the origin of your products and prices paid to producer
- Total formality throughout every step of the process
- Guaranteed satisfaction with your purchase.

Interested in knowing more

■ info@promotingperu.com

■ www.promotingperu.com

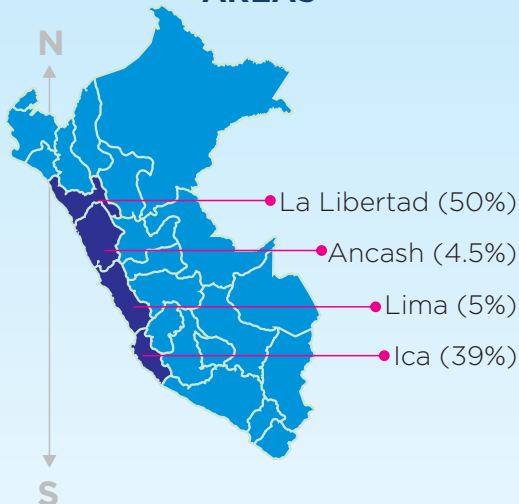


PROMOTING
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Asparagus



PRODUCTION AREAS



AVAILABILITY THROUGHOUT THE YEAR

JAN	FEB	MAR	APR
MAY	JUN	JUL	AUG
SEP	OCT	NOV	DEC

PRESENTATION

Fresh - Frozen

VARIETY

Green (UC-157) and white

HEALTH BENEFITS

- High vitamin concentration, especially A, B1, B2, B6, C and E
- High concentration of antioxidants
- Presence of minerals such as magnesium, phosphorus, calcium and potassium
- Low calorie intake and high fibre content

BASIC INFORMATION

Valued for its multiple nutritional and functional properties, Peruvian asparagus is part of the long list of Superfoods offered by Perú. At present, Peru is the leading exporter and the second largest producer of asparagus with around 25 thousand hectares planted, 15% of the total asparagus grown in the world



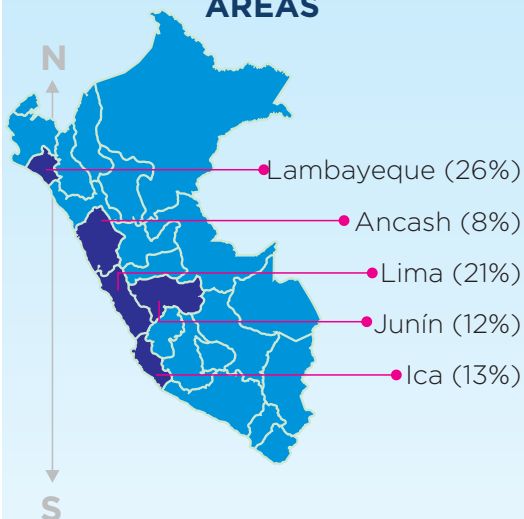


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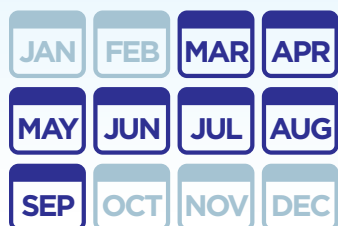
Avocado



PRODUCTION AREAS



AVAILABILITY THROUGHOUT THE YEAR



PRESENTATION

Fresh - Frozen - Oil

VARIETY

Hass and Fuerte

HEALTH BENEFITS

- Improves digestion with its high fibre content
- Does not contain cholesterol or sodium
- Reduces blood pressure due to the presence of potassium
- Helps absorb all the nutrients of vegetables
- Recommended in salads

BASIC INFORMATION

This fruit is native to Mexico, Colombia, Venezuela and Peru. Exports of Peruvian avocados are concentrated in an important window for international trade between March and September. Peru is the second largest player in exports of avocados with a total value of US\$450 million. In 2021, it is expected to become the number one exporter as more people are investing in avocado production.



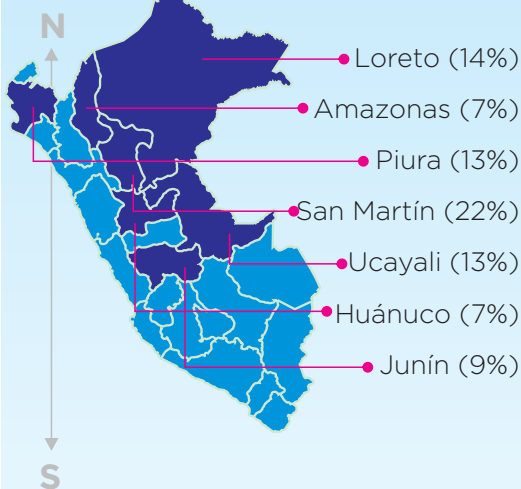


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Banana



PRODUCTION AREAS



AVAILABILITY THROUGHOUT THE YEAR

JAN	FEB	MAR	APR
MAY	JUN	JUL	AUG
SEP	OCT	NOV	DEC

PRESENTATION

Fresh - Dried - Powder

HEALTH BENEFITS

- Fruit rich in potassium, calcium, magnesium, phosphorus, iron and vitamins A, B, C and E
- Ideal for children and athletes for its high nutritional value.

BASIC INFORMATION

The banana is one of the most consumed fruits in the world. Studies show that we should include banana in our diet because it is proven to reduce depression, optimise brain function, combat hypertension and, in general, prevent various diseases



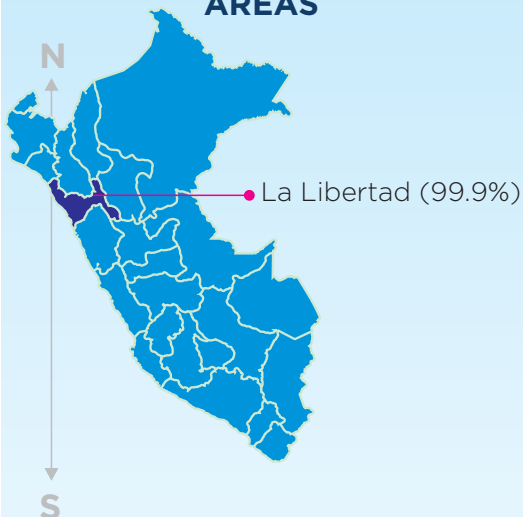


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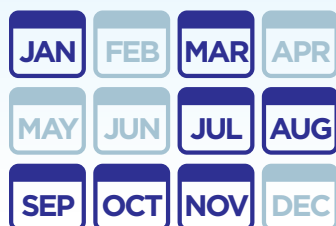
Blueberries



PRODUCTION AREAS



AVAILABILITY THROUGHOUT THE YEAR



PRESENTATION

Fresh - Frozen - Dried

HEALTH BENEFITS

- Rich in vitamin C
- Good source of fibre, which improves digestion
- Source of potassium, iron and calcium, tannins with astringent action and various organic acids
- Abundant natural pigments (anthocyanins and carotenoids) with antioxidant action

BASIC INFORMATION

The genus *Vaccinium* includes all species called cranberry, such as blueberry (*Vaccinium corymbosum*). This genus contains about 450 species whose habitat is, mainly, the cold regions of the northern hemisphere, although there are also tropical species.



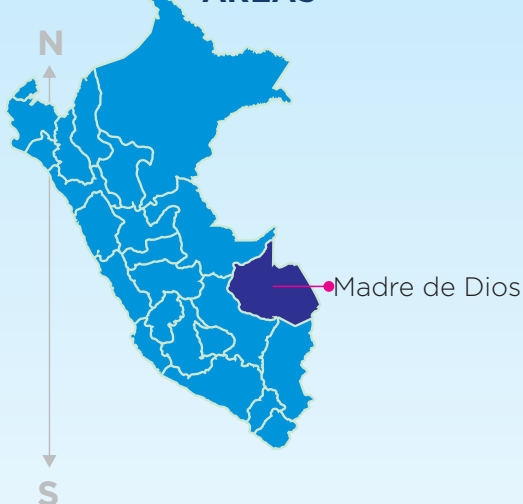


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Brazil nuts



PRODUCTION AREAS



AVAILABILITY THROUGHOUT THE YEAR

JAN	FEB	MAR	APR
MAY	JUN	JUL	AUG
SEP	OCT	NOV	DEC

PRESENTATION

Whole nut - Medium - Midget - Broken

HEALTH BENEFITS

- Rich in calories, vitamins, antioxidants and minerals. Its high calorific content derives from mono-unsaturated fats, such as oleic acid
- Its vitamins, particularly vitamin E, gives this nut antioxidant properties
- High levels of selenium, working together to prevent cancer and circulatory diseases

BASIC INFORMATION

The Brazil nut is a species native to the high forests of Amazonia and is found in significant concentrations in Peru, Bolivia and Brazil. They play an essential role in the conservation of Amazonian forests, because they only produce in a primary forest ecosystem. The nuts regenerate naturally thanks to the añuje, the only species of rodent capable of breaking the hard coconut in which the nuts are contained. Once their hunger is satisfied, these rodents bury the surplus seeds, which then germinate in an uninterrupted cycle of reproduction, with a natural regeneration process

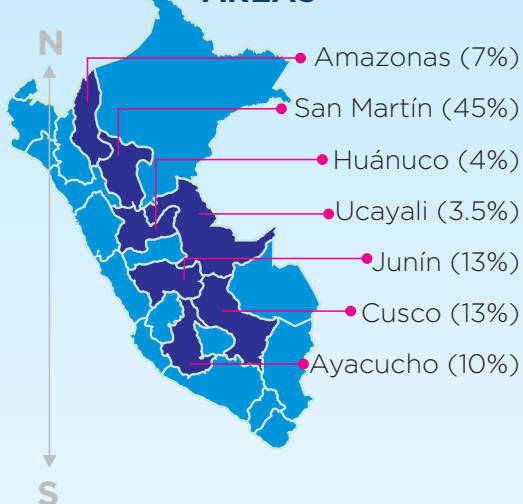


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Cacao



PRODUCTION AREAS



AVAILABILITY THROUGHOUT THE YEAR

JAN	FEB	MAR	APR
MAY	JUN	JUL	AUG
SEP	OCT	NOV	DEC

PRESENTATION

Butter - Beans - Nibs - Paste - Powder

VARIETY

Criollo - Forastero - Trinitario

HEALTH BENEFITS

- Powerful source of antioxidants
- Protects the skin from the sun's rays
- Improves blood flow and lowers blood pressure
- Improves brain function

BASIC INFORMATION

Cacao is a native species of America probably native to the Western Amazon. It is found in the Amazon basin, Bolivia, Brazil, Colombia, Venezuela, Surinam and Guyana. In Peru it is cultivated in the jungle of Loreto, San Martín, Ucayali, Huánuco, Junín, Pasco, Madre de Dios, Cuzco and Ayacucho.



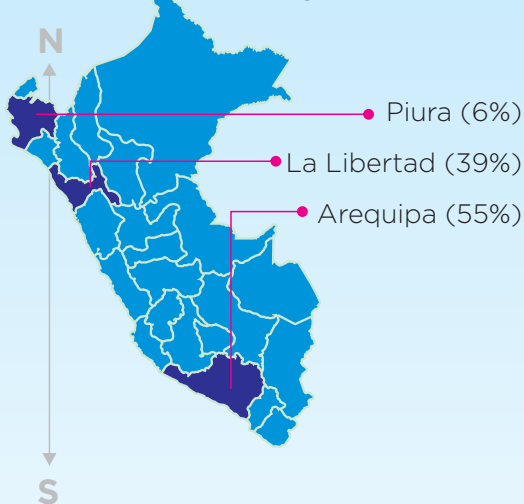


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Chía



PRODUCTION AREAS



AVAILABILITY THROUGHOUT THE YEAR

JAN	FEB	MAR	APR
MAY	JUN	JUL	AUG
SEP	OCT	NOV	DEC

PRESENTATION

Seeds

HEALTH BENEFITS

- Source of Omega 3
- Does not contain gluten in its chemical composition so it is ideal for coeliacs
- Contains calcium, iron, phosphorus, vitamin A, potassium, magnesium, niacin and zinc as well as soluble fibres and natural antioxidants
- Helps control cholesterol levels and strengthens the immune system

BASIC INFORMATION

Chia is a plant native to the center and south of the countries of Mexico and Guatemala. It was cultivated by the Aztecs and Mayans in pre-Columbian times. Currently, it is produced in countries such as Mexico, Argentina, Paraguay, Bolivia, Ecuador and Peru. Chia seeds are easy to use, taste good, and can be a valuable addition to the diet.





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Clementines

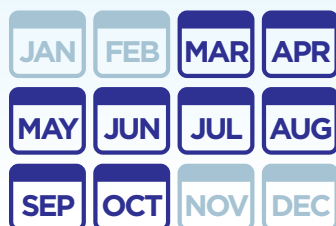


Clementines
Mandarins

PRODUCTION AREAS



AVAILABILITY THROUGHOUT THE YEAR



PRESENTATION

Fresh

VARIETY

Clemenules - Okitsu - Tango
W.Murcott/Nadorcott

HEALTH BENEFITS

- Great antioxidant power, which helps fight free radicals
- Prevents aging of the skin.

BASIC INFORMATION

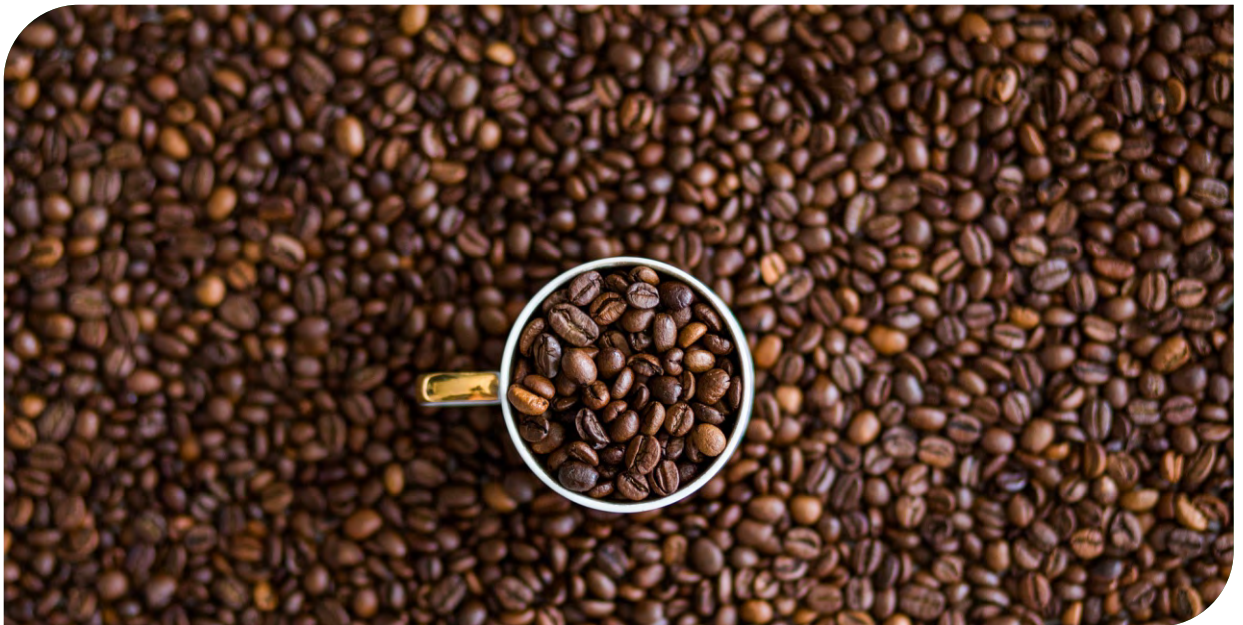
Originated from the tropical areas of Asia. Cultivation was introduced to Europe in the 19th Century and from there various hybrids have been developed.



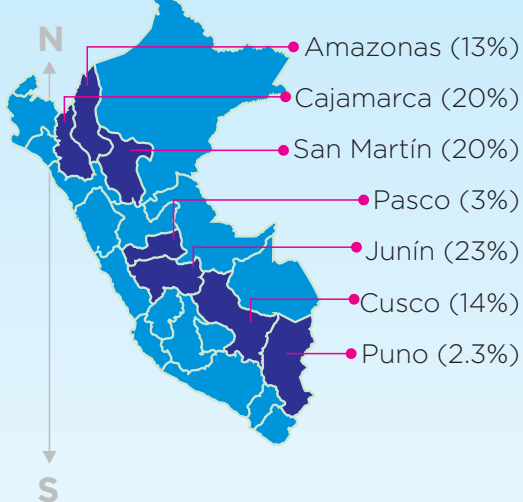


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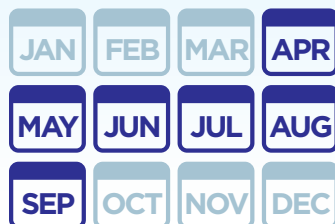
Coffee



PRODUCTION AREAS



AVAILABILITY THROUGHOUT THE YEAR



PRESENTATION

Green coffee - Conventional/Organic
(Other certificates available)

By the container - Specialty coffee - Microlots

VARIETY

Arabica

HEALTH BENEFITS

- Improve certain cognitive functions
- Burns fats
- Reduce risk of heart attack
- Decreases the risk of suffering from diabetes

BASIC INFORMATION

Coffee was the first Peruvian agricultural product to be exported. Peru is now the seventh largest coffee exporter in the world. It not only leads agricultural exports but is among the top 10 export products, after some minerals, oil, natural gas, fishmeal, among others. Peru is the second largest exporter of organic coffee, behind Mexico.



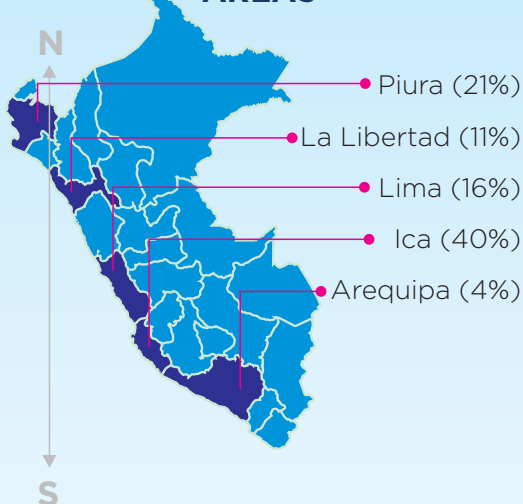


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Grape



PRODUCTION AREAS



AVAILABILITY THROUGHOUT THE YEAR

JAN	FEB	MAR	APR
MAY	JUN	JUL	AUG
SEP	OCT	NOV	DEC

PRESENTATION

Fresh

VARIETY

Arra 15 - Autumn Royal - Crimson (seedless)
Early Sweet - Flame (seedless)
Jack's Salute - Magenta - Midnight Beauty
Red Globe - Scarlotta (seedless) - Sheegene
2 - Sheegene 13 - Sugar Sixteen, - Summer
Royal (seedless) - Superior (seedless) -
Sweet Celebration - Sweet Globe - Sweet
Enchantment

HEALTH BENEFITS

- Great antioxidant power, which helps fight free radicals
- Prevents aging of the skin.

BASIC INFORMATION

The vine is native to Asia and was extended to the rest of Europe from where it reached the American continent via the Spanish.





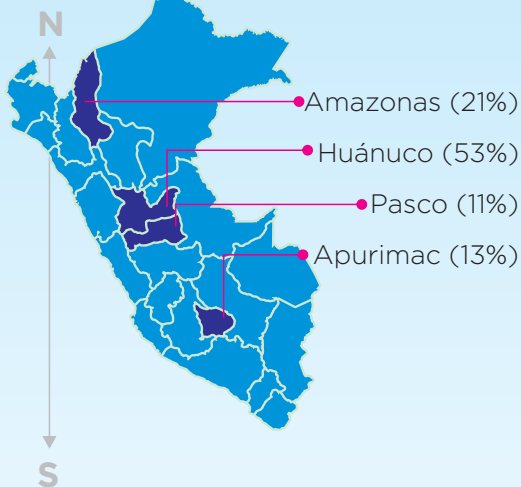
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Golden berry



Golden berry
Inca Berry

PRODUCTION AREAS



AVAILABILITY THROUGHOUT THE YEAR

JAN	FEB	MAR	APR
MAY	JUN	JUL	AUG
SEP	OCT	NOV	DEC

PRESENTATION

Fresh - Dried

HEALTH BENEFITS

- Offers high concentration of vitamin C
- High concentration of antioxidants to delay aging
- Helps to heal wounds, improves the immune system, increases the production of red blood cells
- Corrects the performance of cardiovascular functions

BASIC INFORMATION

Inca berry is a shrub that has been cultivated since the pre-Columbian period. Currently, it is considered one of the five best foods produced in Peru for health. It was cultivated in the Sacred Valley of the Incas and was one of the most revered fruits in the garden of the nobles.



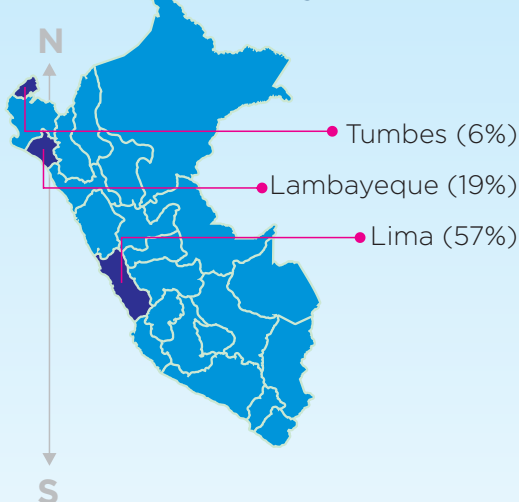


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Key Lime



PRODUCTION AREAS



AVAILABILITY THROUGHOUT THE YEAR

JAN	FEB	MAR	APR
MAY	JUN	JUL	AUG
SEP	OCT	NOV	DEC

PRESENTATION

Fresh

VARIETY

Sutil, Tahiti

HEALTH BENEFITS

- Combat scurvy
- Prevention and treatment of diabetes
- Regulate digestion (flavonoids can stimulate the digestive process and stimulate the secretion of different digestive acids)
- Anti-inflammatory properties

BASIC INFORMATION

The lime is a permanent crop, which is sown and harvested all year round, mainly in the northern part of the country. First harvest occurs after 4 years of the planting period and the economic life of the crop lasts approximately 15 years.



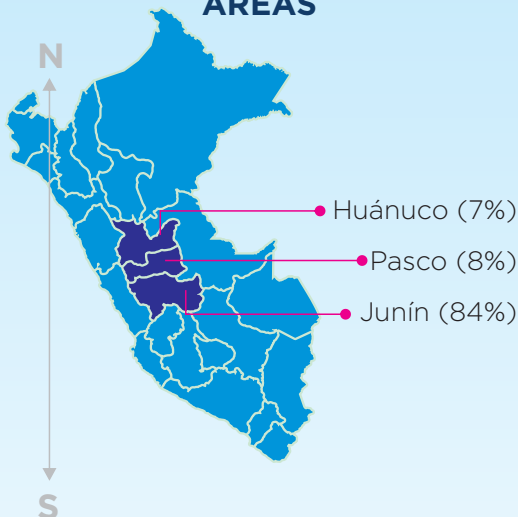


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Maca



PRODUCTION AREAS



AVAILABILITY THROUGHOUT THE YEAR

JAN	FEB	MAR	APR
MAY	JUN	JUL	AUG
SEP	OCT	NOV	DEC

PRESENTATION

Dried - Flakes - Powder

VARIETY

Black, red and yellow

HEALTH BENEFITS

- Stabilizes and controls blood pressure
- Reduces stress and fatigue, providing energy and mental clarity
- Regulates and increases the function of the endocrine system, producing hormones necessary for bodily and metabolic functions such as fertility, sexual function, digestion, the brain and physiological nervous system
- It relieves pain and acts as a sedative, accelerating the healing of wounds and fighting anemia

BASIC INFORMATION

Considered by the pre-Columbian cultures as a gift from the gods, maca is a herbaceous plant native to the Andes of Peru that has multiple benefits for the health of those who consume it, due to its high nutritional and medicinal value. Millenary product that not only became the sacred food for its properties that raise virility, vitality and physical strength, but also served as an offering to the gods.

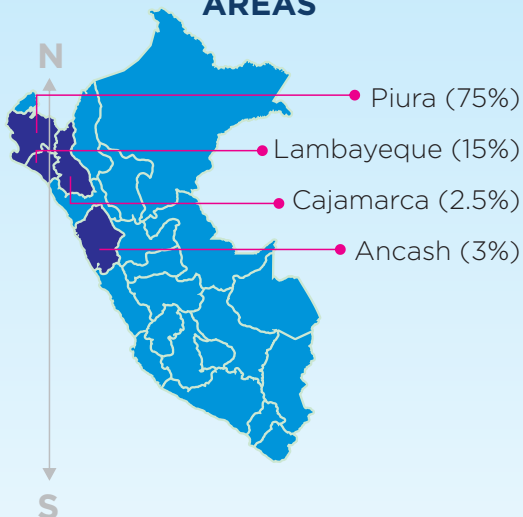


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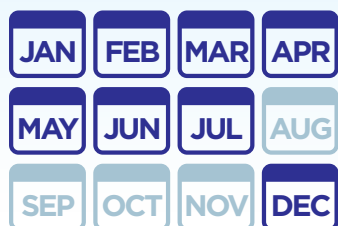
Mango



PRODUCTION AREAS



AVAILABILITY THROUGHOUT THE YEAR



PRESENTATION

Fresh - Preserved - Dried - Concentrate
Frozen - Juice

VARIETY

Edward - Haden - Kent

HEALTH BENEFITS

- Rich in vitamins A and C
- Supply of minerals, fibres, phytochemicals and anti-oxidants
- Contains a low amount of calories, fat and sodium

BASIC INFORMATION

It is originally from India and one can find references to it in the ancient sacred scriptures. It was brought to Peru by the Spaniards and now Peru exports a large amount of its mango production to various countries around the world.



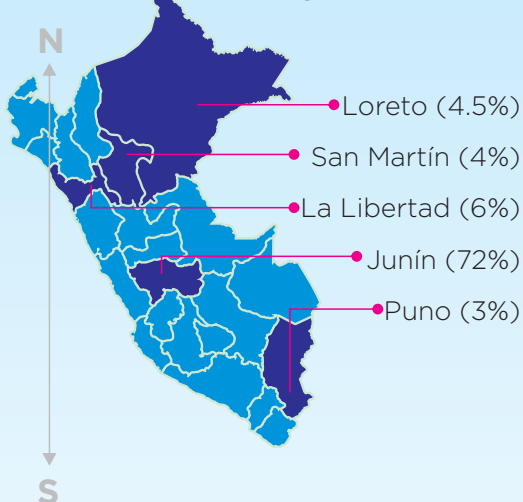


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Pineapple



PRODUCTION AREAS



AVAILABILITY THROUGHOUT THE YEAR

JAN	FEB	MAR	APR
MAY	JUN	JUL	AUG
SEP	OCT	NOV	DEC

PRESENTATION

Fresh

HEALTH BENEFITS

- Stops us from holding liquids and helps eliminate water from the body
- Contains 85% water and is low in calories, recommended in diets to lose weight
- Contains folic acid or vitamin B9, helps strengthen our immune system

BASIC INFORMATION

Native to South America, pineapple is a juicy and aromatic fruit that can be found all year round and that, due to its delicious sweet taste, combines perfectly with appetizers and salads. The active nutrients of the pineapple are most prolific when it is ripe.



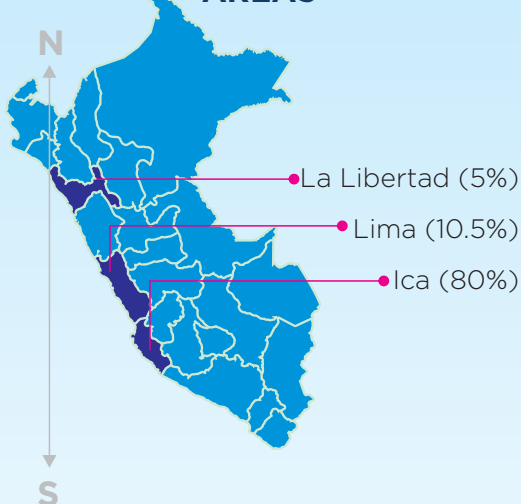


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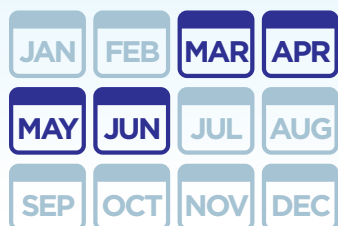
Pomegranates



PRODUCTION AREAS



AVAILABILITY THROUGHOUT THE YEAR



PRESENTATION

Fresh

HEALTH BENEFITS

- Does not have saturated fat or cholesterol
- Rich in vitamins C and K
- Prevents heart disease
- Can reverse atherosclerosis

BASIC INFORMATION

The pomegranate is a shrubby fruit native to the countries of Eastern Europe (Dalmatian Coast and Greece) and the Middle East (Palestine, Iran, Afghanistan, Pakistan), that is, its origin extends from the Balkans to the Himalayas. Currently, its cultivation is widespread in several countries in Europe, Asia and America



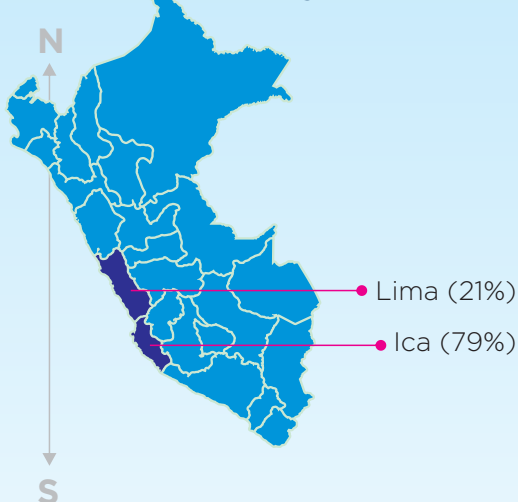


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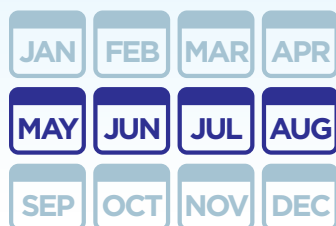
Pecans



PRODUCTION AREAS



AVAILABILITY THROUGHOUT THE YEAR



PRESENTATION

Whole nut

HEALTH BENEFITS

- Help reduce the risk of heart-related diseases, as they contain vitamin E, protein and antioxidants
- High content of mono-unsaturated fatty acids, which help reduce cholesterol

BASIC INFORMATION

The pecan, *Carya Illinoensis* Koch is a member of the Juglandaceae family, the same as the common walnut (*Juglans regia*). It is native of the south of the United States, extending to Texas and North of Mexico.



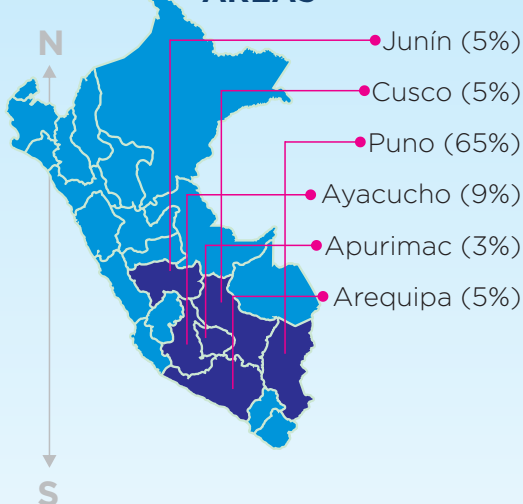


PROMOTING
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Quinoa



PRODUCTION AREAS



AVAILABILITY THROUGHOUT THE YEAR

JAN	FEB	MAR	APR
MAY	JUN	JUL	AUG
SEP	OCT	NOV	DEC

PRESENTATION

Grain - Flakes - Flour - Pop

VARIETY

Black, red and white

HEALTH BENEFITS

- It is a grain of high nutritional value.
- Provides proteins, unsaturated fatty acids and minerals
- Promotes intestinal digestion due to its high fibre content
- Stimulates the development of beneficial bacteria and helps prevent colon cancer
- It is free of gluten, suitable for coeliacs

BASIC INFORMATION

According to the United Nations (UN), it is the key to food security for humanity. Domesticated over 3000 years ago. It's productivity is at its peak in the highlands but can also be grown by the coast.



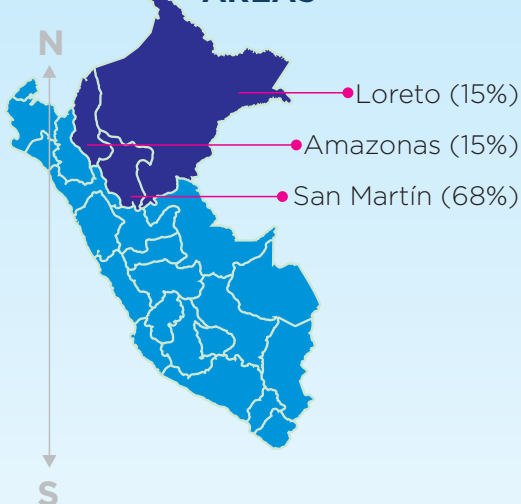


PROMOTING
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Sacha inchi



PRODUCTION AREAS



AVAILABILITY THROUGHOUT THE YEAR

JAN	FEB	MAR	APR
MAY	JUN	JUL	AUG
SEP	OCT	NOV	DEC

PRESENTATION

Powder - Nuts - Oil

HEALTH BENEFITS

- It helps to counteract problems of an irritable colon and fatty liver
- It favours the reduction of bad cholesterol (LDL) in the blood and stimulates the increase of good cholesterol (HDL)
- It regulates blood pressure and, therefore, prevents myocardial infarction and arterial thrombosis
- Reduces the triglyceride rate by improving blood flow

BASIC INFORMATION

The sacha inchi is an indigenous oleaginous plant of the Peruvian Amazon, known in the world as the "Inca peanut", for its enormous importance during the Empire. Also known as "mountain peanuts". Its seeds contain one of the most important sources of omega-3, 6 and 9 in the world, above the so-called blue fish. This oil is of extraordinary quality and is considered an essential fatty acid for life



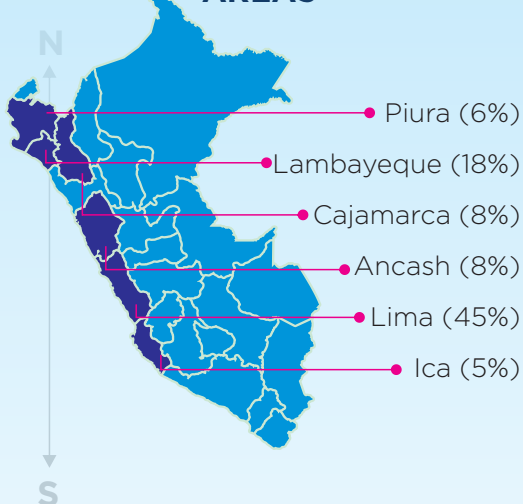


PROMOTING
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Sweet potato



PRODUCTION AREAS



AVAILABILITY THROUGHOUT THE YEAR

JAN	FEB	MAR	APR
MAY	JUN	JUL	AUG
SEP	OCT	NOV	DEC

PRESENTATION

Fresh - Frozen - Powder

HEALTH BENEFITS

- It has beta-carotene. This chemical compound protects the eyes from ultraviolet radiation, preventing it from blindness and providing better vision in the dark
- It contains fibre and promotes digestion, to avoid the accumulation of cholesterol in the arteries
- Helps the skin, promoting anti-aging, preventing wrinkles and helping the growth of hair and nails

BASIC INFORMATION

The sweet potato, is a plant that has its origin in the Neotropical region. Known scientifically as *Ipomoea batatas*, is native of Peru and dates from 750 A.C. It is considered to be one of the oldest foods cultivated by man. There are approximately 5000 varieties, among the main ones is the sweet potato white, purple, pink, orange and yellow.

Additional product list:

- Aguaje - Oil
- Amaranth - Grain
- Camu-camu - Pulp
- Caimito - Fresh
- Carambola - Fresh
- Carob- Mesquite
- Chirimoya - Fresh
- Cocona - Fresh/salsa
- Copoazu
- Dragon Fruit - Fresh
- Ginger - Fresh, Powder
- Lucuma - Powder
- Moringa - Oil, Powder, Tea
- Noni - Dried
- Oregano - Dried
- Peruvian Yellow Chilli - Fresh, Dried, Salsa
- Papaya - Fresh, Dried
- Passion Fruit - Fresh, Pulp, Juice
- Pijuayo - Fresh, Frozen
- Pomarosa - Fresh, Frozen
- Purple Corn - Powder
- Rocoto - Fresh, Salsa
- Rosemary - Dried
- Sauco - Fresh, Frozen
- Strawberry - Fresh, Frozen
- Taperiba - Fresh, Frozen
- Tarwi - Dried, Flour, In Brine
- Tumbo - Fresh, Frozen
- Turmeric - Fresh, Powder
- Ungurahui - Fresh, Frozen, Oil
- Yacon - Flakes, Syrup

Please let us know if there is any additional product not included in the list that you are interested in and we will be pleased to locate it for you.

