

Nourishing Plant Based Foods



# HER HARVEST

A WINDOW INTO OUR KITCHEN 2021

The Her Harvest product kitchen was born out of the desire to share the goodness of our organically grown vegetables and *the beauty of plant-based living*. We are passionate about making products that are *nutritious, delicious and nurturing* to your whole being.





### **ORGANIC VEGETABLES**

All the vegetables and herbs used in our kitchen come from our organic vegetable garden - freshly picked and bursting with nutrition.

### **STRUCTURED WATER**

All the water used in our vegetable garden and kitchen flows through water structuring devices. Structured water is a form of water with a different molecular structure. It is a hydrating, energised water found everywhere in nature (waterfalls, rivers and oceans to plants, animals and humans). Structured water is alive! It hydrates, energise and makes more nutrients available to the human body. Structured water also denatures toxins that are in the water.



## **SPROUTING & ACTIVATING**

The nuts, seeds and grains that we use in our kitchen have all been activated by soaking them in an acidic medium to activate the sprouting process, which breaks down phytic acid (an anti-nutrient) and makes the minerals, fats and proteins more available to us and better absorbed.

## **CULTURED FOODS**

Fermented foods are at the heart of our kitchen. The long-standing art of fermentation offers not only a way of preserving foods, but also so many health benefits. They are filled with gut-healing enzymes and beneficial bacteria, which increase the health of your gut microbiome forming the

foundation of a strong immune system, and affecting mood and behaviour. The fermentation process also makes the nutrients more available, easily digested and absorbed by our bodies.

## **FRESHLY MILLED GRAINS**

Whole grains are rich in vitamins, bioavailable minerals, essential fatty acids, amino acids, enzymes, phytochemicals, antioxidants, carbohydrates and aromatic elements. After processing of grains, spoiling and oxidation takes place. We freshly mill our grains on demand using a stone mill, which maintains the incredible nutrition of whole grains.



### **VEGAN**

We're committed to making delicious plant-based products.



### **GLUTEN-FREE**

Most of our range is gluten-free.



### **REFINED SUGAR-FREE**

Unrefined sugars offer a more balanced profile of nutrients, enzymes and minerals.



### **DAIRY-FREE**

We keep things simple and do not use commercial pasteurised and homogenised dairy products.



### **PRESERVATIVE-FREE**

Our products are fresh and clean — no hidden problematic additives.



### **SUSTAINABLE PACKAGING**

We use 100% biodegradable, compostable and reusable packaging.



### **FRESHLY MILLED GRAINS**

As mentioned, we freshly mill our grains, maintaining the incredible nutrition of whole grains.



# Fermented Range





## TRADITIONAL DILL SAUERKRAUT

Ingredients: Cabbage, caraway seeds, dill seeds, juniper pods, kalahari desert salt.

*Available In: 375 ml*



## BEETROOT, FENNEL & RED CABBAGE KRAUT

Ingredients: Red cabbage, beetroot, ginger, leeks, fennel, apple, kalahari desert salt.

*Available In: 375ml*



## TURMERIC CURRY KRAUT

Ingredients: Cabbage, carrots, spring onions, coriander, ginger, curry leaves, turmeric, fenugreek seeds, cumin seeds, masala spice, black pepper, kalahari desert salt.

*Available In: 375ml*



## RADISH BLUSH KIMCHI

Ingredients: Cabbage, turnips, carrots, radish, ginger, spring onions, garlic cloves, apples, chilli, tamari, kalahari desert salt, kombu.

*Available In: 375ml*



## KALE & KELP KIMCHI

Ingredients: Pakchoi/cabbage, kale, kelp, kalahari desert salt, apples, red onions, ginger, garlic cloves, coriander, spring onion.

*Available In: 375ml*



## ILZE'S KIMCHI

Ingredients: Cabbage, carrots, spring onion, red onion, garlic, ginger, chilli flakes.

*Available In: 375g*



Kimchi Fermented Range

# Pantry Staples





## SWEET POTATO RUSKS

*Available In: 250g & 1kg*

Ingredients: Activated almonds, coconut sugar, sweet potato, coconut oil, coconut cream, gluten free oat flour, white rice flour, cinnamon, vanilla extract, desert salt, dates, chia seeds, flaxseed powder, Apple cider vinegar.



Pantry Staples



Pantry Staples

**FLAX, CHIA & SAUERKRAUT CRACKERS**

*Available In: 250g & 1kg*

Ingredients: Ingredients: Sauerkraut, flaxseeds, chia seeds, onion flakes, activated pumpkin & sunflower seeds, coconut nectar, spices, nutritional yeast.



## OUR HOUSE GRANOLA

*Available In: 250g & 1kg*

Ingredients: Activated almonds, pumpkin seeds, sunflower seeds, golden flaxseeds, gluten free oats, toasted coconut, cinnamon, ginger, vanilla extract, dates, coconut oil, tahini, desert salt, dried figs.



Pantry Staples

# Baked Goods



## CACAO BROWNIES

Ingredients: Activated almonds, chickpea flour, her harvest dark chocolate, raw cacao powder, coconut sugar, coconut cream, desert salt.

*Available In: Individual (85g) & Pack of 9's*



## BANANA BREAD

Ingredients: Almond flour, gluten free oat flour, bananas, coconut nectar, cinnamon, nutmeg, desert salt, flaxseed powder, vanilla extract.

*Available In: 800g*



## FLORENTINE

Ingredients: Activated almonds, coconut sugar, pistachios, coconut oil, coconut nectar, coconut cream, buckwheat flour, white rice flour, cinnamon, ginger, orange, vanilla extract, desert salt.

*Available In: Individual (45g) & Pack of 5's*



Baked Goods



Long-ferment  
Sourdough  
Breads





**MILLET & SORGHUM  
GLUTEN-FREE  
SOURDOUGH**

*Available In: 800g*

Ingredients: Millet flour, sorghum flour, tapioca starch, potato starch, coconut sugar, golden flaxseeds, cultures, desert salt.



Long-ferment Sourdough Breads



# Long-ferment Sourdough Breads



## **FERMENTED BUCKWHEAT & ROSEMARY**

*Available In: 800g*

Ingredients: Activated buckwheat, sunflower seeds, pumpkin seeds, spices, desert salt.



## **SOURDOUGH DANISH RYE**

*Available In: 800g*

Ingredients: 100% rye flour, dates, coconut nectar, activated sunflower seeds, rye spice, cultures, desert salt.



# Long-ferment Sourdough Breads

# Fresh Staples





## CARROT LOX

Ingredients: Carrots, desert salt, liquid smoke, fresh dill, olive oil, rice vinegar, kelp.

*Available In: 375ml & 1ltr*



Fresh Staples



## GARDEN PESTO

Ingredients: Activated pumpkin seeds, garlic cloves, lemon zest, green herbs, desert salt, olive oil, nutritional yeast.

*Available In: 125ml*

Fresh Staples



## VEGAN MAYONNAISE

Ingredients: Chickpea flour, avocado oil, apple cider vinegar, mustard, garlic cloves, desert salt.

*Available In: 250ml*



Fresh Staples



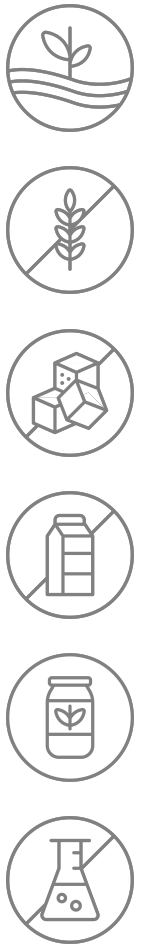
## CULTURED OAT SPREAD

Ingredients: Activated gluten free oats, xanthan gum, nutritional yeast, garlic & onion powder, desert salt, black pepper, lemon juice, apple cider vinegar, cultures.

*Available In: 200ml*

Fresh Staples





## CULTURED CASHEW ROUND

Ingredients: Activated cashews, aquafaba, desert salt, truffle oil, nutritional yeast, cultures.

*Available In: 120g*



Fresh Staples





# HER HARVEST

*Rosenhof Farm, Elgin Valley*  
*Product of South Africa*  
*[www.herharvest.co.za](http://www.herharvest.co.za)*