

Sacha Inchi

ZENDA LIFE FOODS QUARTERLY



The History of Sacha Inchi

Sacha Inchi has been used as a food for thousands of years but this wonderful plant has only recently been "discovered" by the world outside of Peru

This extra virgin gourmet Omega oil is grown freshly on our farms in Thailand, cold pressed and bottled for maximum quality.

What is Isoleucine?

Isoleucine is one of the 20 Amino Acids used by the body. It is an essential amino acid and must be part of our diet. So why is it important and what foods contain Isoleucine?

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It has been used for 3000 years however it is still new to most of us.

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Omega 3,6 and 9 have multiple health benefits and are an essential part of our diet and health.

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Learn the secret on how to make mouth watering Sacha Inchi dishes.

Whilst Sacha Inchi has been used by the Incas for thousands of years it is only recently that the rest of the world has discovered this magnificent plant.

Sacha Inchi is native to the Amazon Rainforests however in recent years a growing number of plantations have been developed in Thailand. Thailand is the perfect climate for Sacha Inchi and the plants are thriving and producing abundant fruit.

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The History of Sacha Inchi coming to market

Sacha Inchi is a crop of Peruvian origin, planted by ancient pre-Inca cultures such as the Mochica and Chimu civilizations some 3000 to 5000 years ago. Ceramics from this era confirm the use of this particular plant during this period. Later the Chancas and then the Incas continued growing and consuming Sacha Inchi.

The use of Sacha Inchi as part of the diet was restricted to the indigenous tribes in Peru until 1976 when the Peruvian Minister for Agriculture instructed Santiago Erik Antunez de Mayolo Rynning to investigate and study the potential of the Amazonian region for new types of food crops. During Rynning's investigation he rediscovered Sacha Inchi and started analysing the seeds.

Rynning presented his findings during the XII Peruvian Congress of Chemistry in October 1980 where he gave a master talk on "Sacha Inchi's excellent chemical and nutritional attributes". Following this presentation, Cornell University's Institute of Food Science analysed Sacha Inchi confirming the high levels of protein and oil in the seeds

Sacha Inchi was first exported to Switzerland from Peru in the mid 2000's. In January 2013 the European Union approved Sacha Inchi Oil for sale as a Novel Food (any food not normally consumed in Europe prior to 15 May 1997 is considered a Novel Food in Europe).

In October 2014 the US Food and Drug Administration approved Sacha Inchi as Generally Regarded As Safe (GRAS).

Sacha Inchi was first imported into Japan in 2006 (under the Inca Inchi brand) and is now sold and consumed in many countries in Asia including India, China and most of South East Asia.



Sacha Inchi Plantation in Udon Thani, Thailand

New Products under development

Zenda is working hard to develop the perfect blend of Sacha Inchi leaves to make Sacha Inchi Tea. The leaves contain Omega 3,6 and 9 and provide the same goodness as Sacha Inchi Oil but in a refreshing drink that can be consumed hot or cold.

Hot Sacha Inchi Tea is a perfect pick-me-up and refresher without the caffeine. Cold Sacha Inchi Tea is a thirst quenching tonic for cooling you down on the hottest of days.

Zenda is also developing a range of Sacha Inchi Oil Capsules that will allow you to take a quick boost of Sacha Inchi Oil every day. Small, easy to swallow and digest and without any fishy aftertaste Sacha Inchi Oil Capsules are made for your daily dose of Omega 3,6 and 9.



Meet the Farmers

Zenda currently has 40 contract farmers who work closely with us to grow Sacha Inchi. All of the farmers have been trained in Organic Production techniques and they own and operate their own farms. All of their farms grow multiple crops ranging from coffee, rubber and chili to young coconut and sugar.

Sacha Inchi provides the farmers with an almost year round growing season helping to smooth the peaks and troughs of production in other crops and thus giving a more regular income.

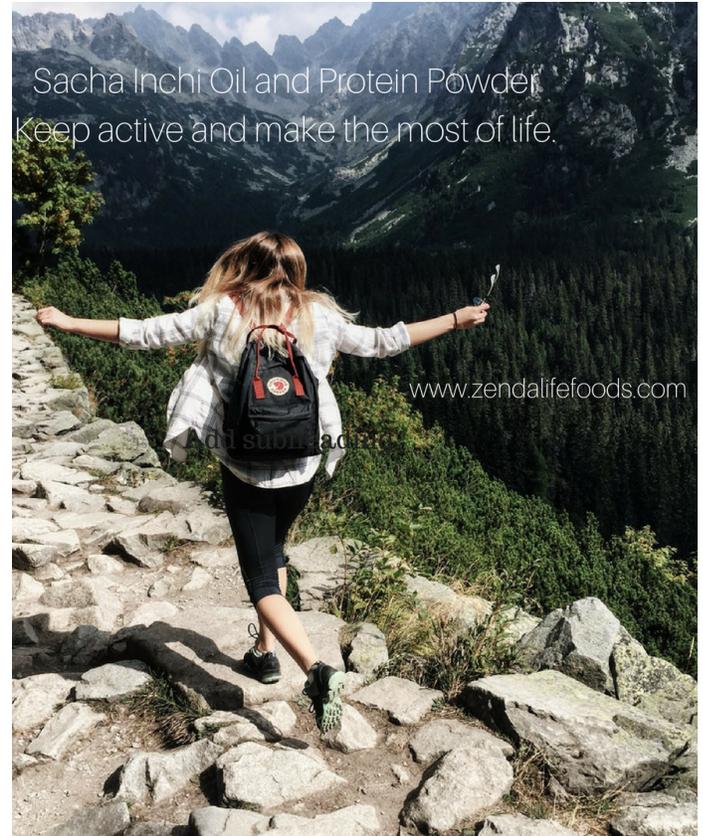
In future editions we will be featuring individual farmers and giving you an insight into their personal story. Many of our farmers have been on the land for up to 50 years so have a lifetime of experience being used to grow and nurture Sacha Inchi.

What is Omega 3 good for?

The body has many uses for Omega 3. It is an essential Fatty Acid and **MUST** be part of our diet. Some of the benefits of Omega 3 are that it can help fight depression and anxiety, improve eye health, promote brain health during pregnancy and early life and it may improve risk factors for heart disease.

The US GRAS approval for Sacha Inchi recommended a maximum of 15 milligrams (a tablespoon) of Sacha Inchi Oil each day.

Every one of us is unique and any food will affect each of us slightly differently. Be sure to talk to your medical practitioner for advice on your individual situation. Omega 3 must be part of a balanced diet and too much Omega 3 is not good for you.

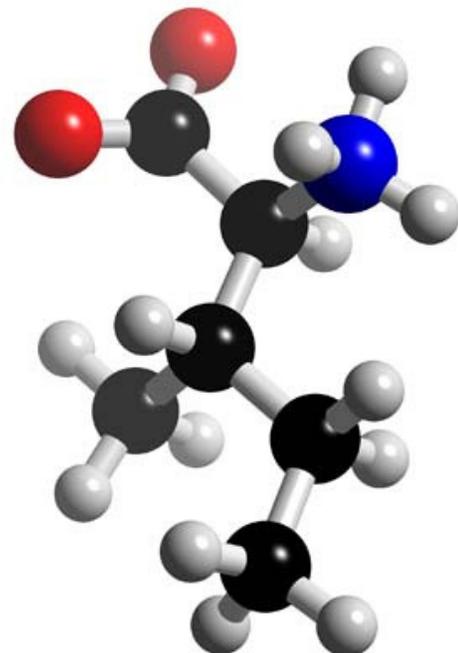


What is Isoleucine?

There are 20 Amino Acids that the body uses to make the over 150,000 proteins required for Human Health. 9 of those Amino Acids are essential i.e. they **MUST** be part of our diet. Each quarter we will feature an Amino Acid and briefly describe the benefits of that Amino Acid.

Isoleucine is an Essential Amino Acid that plays a role in blood sugar regulation, growth and repair of muscle tissue, hemoglobin development and the body's energy regulation.

Isoleucine can be found in many foods including beef, dairy, eggs, fish and poultry. Plant sources of Isoleucine include almonds, soy, wheat and of course Sacha Inchi Protein Powder.





Made With Love

BANANA BERRY BASH PROTEIN SMOOTHIE PREPARED BY ZOE

Banana Berry Bash Protein Smoothie

This smoothie is a refreshing way to start the day or great snack to power through an afternoon.

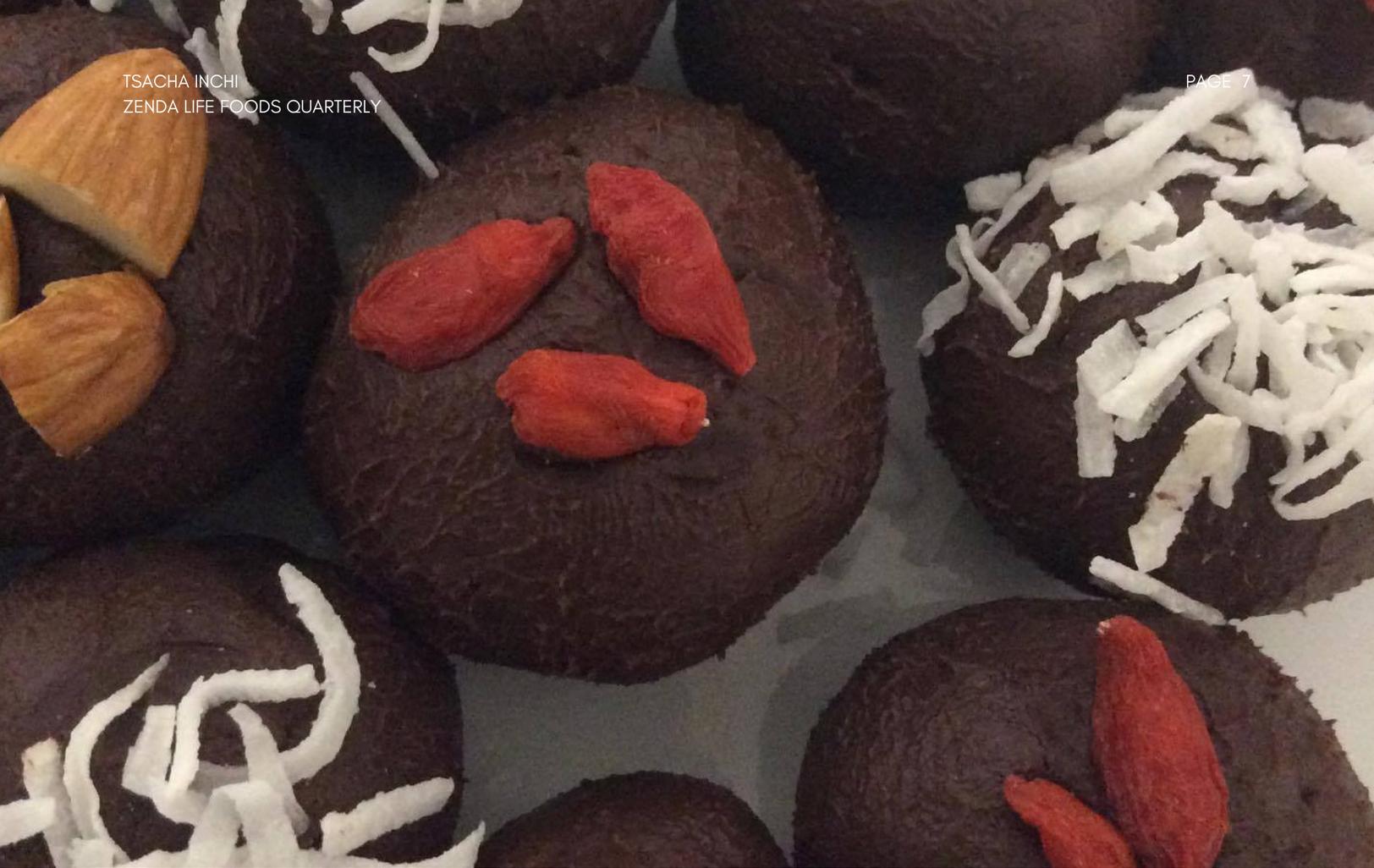
Prep time: 5 mins Makes: 2 cups (1 to 2 serves)

Difficulty: Easy

1/2 cup frozen mixed berries
1/2 cup fresh strawberries (chopped)
1 medium banana (chopped)
1 scoop Sacha Inchi Protein Powder
1/2 cup greek yoghurt (optional)
1/2 cup water

Add all ingredients into a blender and blend until smooth, if needed add water if too thick or add more frozen berries or yoghurt to thicken.

Change up the recipe to your tastes by swapping out berries for more banana and some honey for a great Banana Protein Smoothie, or add mango and passionfruit for a Tropical and Berry Protein Smoothie!



Made With Love

CHOCOLATE AND SACHA INCHI TRUFFLES PREPARED BY ILKE

Chocolate and Sacha Inchi Truffles

A great treat for after meals, when friends drop over or at any time.

Prep Time: 4 hours Makes: 7 Truffles
Difficulty: Easy

2/3 of a cup of Thickend Cream
1 1/2 cups of Dark Chocolate
1 Teaspoon of Sacha Inchi Oil
A few broken Armonds
A few strands of Shredded Coconut
A few Gogi Berries shredded

Gently heat the cream, ensuring that it doesn't boil. Add the cream to the chocolate in a medium mixing bowl. Mix thoroughly together. Add the Sacha Inchi Oil to the mixture. Stir throughly and then pour into a flat dish. Let cool in the fridge for 3 hours. With a teaspoon collect a portion of the mixture and roll into a ball. Add the garnish on top and they are ready to serve.

Watch the making of video on YouTube [here](#)

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