



PRODUCT SPECIFICATION

PRODUCT:	Organic Buckwheat - Raw
PRODUCT CODE(S):	G095B (5kg)
COUNTRY/COUNTRIES OF ORIGIN:	China
Please note that the country of origin may differ from that specified due to seasonal shortages	
INTRASTAT CODE:	10081000
INGREDIENTS:	Buckwheat (<i>Fagopyrum Esculentum</i>)*
Please note it is possible for these ingredients to change dependent upon brand or batch & availability; please refer to the packaging for confirmation	* <i>Organically certified ingredient</i>
OTHER CERTIFICATIONS:	Vegan Society Approved
ORGANIC CERTIFICATION CODE(S):	GB-ORG-02

COLOUR:	Light creamy to brown
TASTE:	Typical, sweet/mild
SMELL:	Typical
STRUCTURE:	Smooth

STORAGE INSTRUCTIONS:	Cool, dry & hygienic; away from direct light & strong odours
COOKING INSTRUCTIONS:	Rinse in cold water. Add 1 part buckwheat to 3 parts water. Bring to the boil then simmer for approximately 15-20 mins until the water is absorbed.
PACKAGING DESCRIPTION:	Natural Polythene LFT Bag

	INNER	OUTER
GROSS WEIGHT:	5 kg	
HEIGHT:	457 mm	
WIDTH:	355 mm	
PLASTIC:	38 g	

NUTRITIONAL INFORMATION (typical values per 100g)

Energy	1429	kJ
	340	kcal
Fat	2.5	g
Of which saturates	0.4	g
Carbohydrate	70.0	g
Of which sugars	0.0	g
Fibre	7.5	g
Protein	11.4	g
Salt	0.04	g



Does the product contain any of the following?	Present
Cereals containing Gluten: wheat, rye, barley, oats, spelt, kamut or their hybridised strain	M
Mollusc	N
Crustacean (shellfish and products thereof)	N
Egg and products thereof	N
Fish and products thereof	N
Soya (soy) beans & protein and products thereof	M
Milk & dairy (including lactose) and products thereof	N
Celery Seeds, celeriac and products thereof	L
Mustard Seeds and products thereof	M
Lupin and products thereof	N
Sesame Seed and products thereof	M
Nuts and products thereof (namely almond, hazelnut, walnut, cashew nut, pecan nut, brazil nut, pistachio nut, macadamia nut and Queensland nut)	L
Peanuts and products thereof	L
Added Sulphur Dioxide: (the product contains >10mg/Kg added Sulphur Dioxide in the form of SO ₂ , Sulphites (E220,E221, E222, E223, E224, E226, E227, E228)	L
<p>Y = Present in product N = Not in product, not processed in same factory NS = Not in product, not sure if processed on same line / same factory L = Processed on same line F = Processed in same factory M = May contain from other sources (eg. crop rotation risk)</p>	
<p>ALLERGEN STATEMENT Where products are indicated as not having an allergen present this refers to the product not being formulated or wholly derived from the particular ingredient. Allergen handling policies and procedures are in place through the supply chain to reduce the likelihood of cross contamination from allergens, however this cannot be guaranteed. Products packed with Essential brand labels are done so in an environment which handles celery, cereals containing gluten, mustard, nuts, peanuts, sesame, soya and sulphur dioxide</p>	



GMO DECLARATION:	This product has been produced without the use of genetically modified organisms (GMOs) or their derivatives, nor been irradiated
ORGANIC CERTIFICATION:	Essential Trading Co-operative Limited is organically certified to EU Regulation 834/2007 by the Organic Farmers & Growers (GB-ORG-02)
CONDITIONS OF SALE:	All sales are made under Essential Trading Co-operative's Conditions of Sale & Terms of Trade (available upon request)

To the best of our knowledge the information contained herein is true and accurate. Essential Trading Co-operative Limited cannot assume liability for any loss or damage arising out of the use of this data & nothing contained herein shall be construed to imply warranty or guarantee.

All unprocessed commodities may contain impurities. It is the responsibility of the customer to ensure that they are fit for their intended use.

Specifications are updated according to the latest batch we stock. We cannot guarantee that the specifications match the product we have delivered to you due to stock rotation. For accurate information regarding specific batches, please contact Quality Assurance with the product code, batch details and invoice number.

Signature:



This specification supersedes all others issued or dated before it

Date: 24/02/2022

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REASON FOR CHANGE:	Updated allergen and nutritional data
Version:	1.1

