



PRODUCT SPECIFICATION

PRODUCT:	Buckwheat, Raw (Org)
PRODUCT GROUP CODE (First 4 Characters):	G095 see list of variants below
COUNTRY/COUNTRIES OF ORIGIN:	China / Ukraine
Please note that the country of origin may differ from that specified due to seasonal shortages	
INTRASTAT CODE:	10081000
INGREDIENTS:	Buckwheat*.
Please note it is possible for these ingredients to change dependent upon brand or batch & availability; please refer to the packaging for confirmation	
* Organically certified ingredient(s)	
ORGANIC CERTIFICATION CODE(s):	GB-ORG-02

Product sold in these variants

Product Code	Description	Total Kilo Weight
G0950	Buckwheat, Raw (25kg) (Org)	25.00
G095B	Buckwheat, Raw (5kg) (Org)	5.00
G095X	Buckwheat, Raw (6 x 500g) (Org)	3.00

DESCRIPTION:	Pyramid shaped kernels
COLOUR:	Pale green to light brown
TASTE:	Typical, sweet/mild
SMELL:	Typical

FOREIGN MATTER:	Absent
MOISTURE:	15% max
MOULDS:	< 10,000 cfu/g
SALMONELLA:	Absent in 25g
TVC:	< 500,000 cfu/g
YEAST:	< 10,000 cfu/g

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.



NUTRITIONAL INFORMATION (typical values per 100g)		
Energy	1435	kJ
	343	kcal
Fat	3.4	g
Of which saturates	0.7	g
Carbohydrate	71.5	g
Of which sugars	0.1	g
Fibre	10	g
Protein	13.2	g
Salt	0	g

Does the bulk product contain any of the following? Please see allergen statement below for all products packed at Essential Trading.	Present
Cereals containing Gluten: wheat, rye, barley, oats, spelt, kamut or their hybridised strains	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	N
Milk & dairy (including lactose) and products thereof	N
Celery Seeds, celeriac and products thereof	N
Mustard Seeds and products thereof	N
Lupin and products thereof	N
Sesame Seed and products thereof	N
Nuts and products thereof (namely almond, hazelnut, walnut, cashew nut, pecan nut, brazil nut, pistachio nut, macadamia nut and Queensland nut)	N
Peanuts and products thereof	N
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)	N
Y = Present in product N = Not in product M = May contain from other sources (eg. Crop rotation risk)	

ALLERGEN ADVICE:	May contain gluten
Products packed at Essential Trading are packed with a precautionary alibi labelling statement: “May contain traces of, or contains: celery, gluten, mustard, nuts, peanuts, sesame, soya and/or sulphur dioxide” Product codes ending in an alphabetical letter (e.g. F125B) are packed at Essential Trading except product codes ending in P (e.g. P901P). Bulk commodity product codes end in 0 and may arrive to Essential Trading with previous allergen information associated. 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 throughout the supply chain to reduce the likelihood of cross contamination, however this cannot be guaranteed. Customers should use the above information to inform their own risk assessment.

Please refer to individual labels for more information.

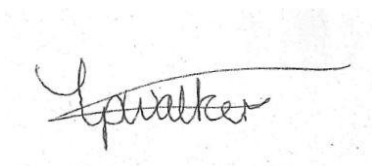
GMO DECLARATION:	This product has been produced without the use of genetically modified organisms (GMOs) or their derivatives, nor been irradiated.
ORGANIC CERTIFICATION:	Essential Trading Co-operative Limited is organically certified to EU Regulation 834/2007 by the Organic Farmers & Growers (GB-ORG-02)
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. A portion of each delivery is selected to go through the quality control process to assess organoleptic and physical qualities. Products are opened and resealed to include a "QC OK" sticker. Allergen run planning and cleaning occurs, although please refer to the Allergen Statement for products that go through the quality control process.

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:



Leighton Walker

This specification supersedes all others issued or dated before it

Date: 07/07/2026

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Reason For Change:

Specification Review

Spec Version Ref:

G095 <> 20260707

