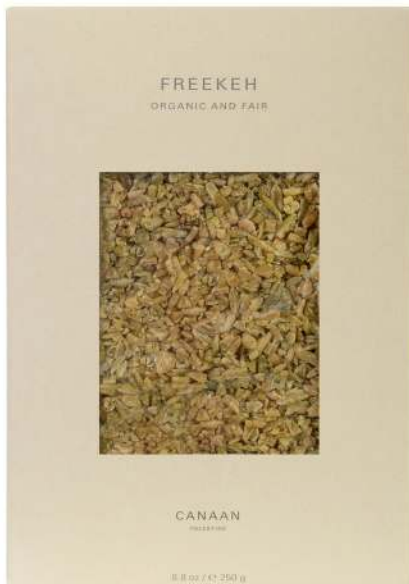


# Organic Freekeh

CANAAN

PALESTINE



Freekeh is an ancient Palestinian grain that is now a hot new super food. This rediscovered specialty is flame-roasted green wheat, sun-dried, then crushed. The wheat is harvested green, halting the process of starch formation. Freekeh is low in carbohydrates while high in fiber and protein.

Canaan's organic freekeh is a tasty smoky grain with real texture. It can be eaten on its own or prepared as a salad that is full of flavor. Added to soups and stews, it provides delicious extra texture. Serve it as a side dish with roasted vegetables or meats. Our freekeh is versatile, super-healthy and tasty. Also freekeh makes nutritious salads with fresh vegetables and dried fruits.

Canaan Palestine is an internationally recognized ecological project with product offerings produced by small scale farmers under fair trade conditions, organized in over 50 communities across Palestine into the most innovative ecological farming practices in the middle east. Canaan supports these practices with modern organic knowledge to maintain the production with its organic-original taste and attributes and continue it's regenerative capacities as it has been for millennia by using superior processing techniques and technologies.



Nasser Abu farha, Canaan

PLEASE READ ABOUT OUR EXTENSIVE ECOLOGICAL AND SOCIAL COMMITMENT ON [CANAANPALESTINE.COM](http://CANAANPALESTINE.COM)  
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