

Whole Root Cassava Flour

Sun dried chips milled into flour

Our Cassava Flour_

Our product is made by small-holder farmers, grown in the semi-arid northern zone of Ghana.

The whole cassava is thinly sliced into chip size and sun-dried mainly by women on raised platforms under strict hygienic conditions. It ismilled in organic certified community mills.

We offer two types of flour, whole root/un-peeled which has higher fibre and nutrients andthe peeled option which has higher starch. The dried product is milled into flour depending on buyer specifications, 70-150 micron.

Labelling:

ORGANIC CASSAVA CHIPS
PRODUCE OF GHANA
G.A.F Ltd.

MOLE ORGANIC
LANDSCAPE ENTERPRISE

EU ☐ NOP ☐

Non-EU Agriculture
CU 865689
GH-BIO-149
Batch No:
Net Weight: 25kg

Uses: Primarily as a 20% wheat substitute in baking or mixed with other gluten free flours for gluten free goods, in snack-fruit bars and other similar baked snacks. Also used as a thickening agent in soups, gravies, sauces and condiments, cosmetics.2nd grade flour is sold as chicken and fish feed.

Certification: NOP/EU organic by Control Union

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Varieties	
Bianbasi	Slightly sweet, medium starch
Kentema	Sweet, blend when cooked, fibrous, HCN
Afisa	Slightly sweet, fibrous
Agric/Attapudua blend	Slightly bitter, sour, medium fibrous, higher starch content
Ebenezer/Bantam blend	Dark brown colour when heated

ANALYSIS Bianbasi variety	(with peel) g/100g	(without peel) g/100g
Moisture	7.7 - 14.5%	7.7 - 13.5%
DM	85.3 - 92.3 %	86.5 - 92.3 %
Ash	2.7 - 3.0%	3.0 - 3.1 %
Fibre	3.16% - 4.7%	2.69 - 4.70 %
Starch	63.6 % - 70.50%	63.6 % - 73.30%
HCN	0.26 - 10mg/kg	0.26 - 11 mg/kg
Carbohydrates	79.90 - 85.20 %	80.30 - 85.20 %
Nutritional Value	315 Kcal/100g	315 Kcal/100g

Samples: Available upon request.

Quality control: There is regular analysis done for monitoring of nutrient content and microorganisms. We have documented and implemented systems and procedures in accordance with HACCP in place. A strong Internal Control Systems team works to ensure that procedures are followed to ensure a high quality product.

Packaging: Standard 25 kg with plastic lining. Or as specified by buyer.

Storage: Up to 1 year when stored in dry place.

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Positive social and environmental impact

Our product is sourced from farmers around Mole National Park. We have over 250 registered farmers working in excess of 150 hectares of land. Over 30% of our farmers are women, some in single parent households who earn income to care for their families from selling their cassava. This is part of IFOAM OM4D project which aimsto improve the livelihood of small-scale farmers in Ghana. Also the environmentalimpact on the Mole National Park is positive as the farmers learn sustainable organic farming practices.



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Production steps

1. Cassava root is cleaned, peeled and cut into chips.



2. Cassava chips are sundried





3. Cassava chips are milled into flour

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FAQ

1. **How to Use Cassava Flour**
2. **How is cassava flour made?**
3. **Are tapioca flour and cassava flour the same thing?**
4. **Is cassava flour gluten-free?**
5. **What makes cassava flour the most similar gluten-free flour to wheat flours?**
6. **How do you bake with cassava flour?**
7. **Tips for baking with cassava flour**
8. **Is cassava flour poisonous?**
9. **Is cassava flour low-carb?**

1. How to Use Cassava Flour

Cassava flour is gaining more and more popularity as the go-to replacement for regular flour when it comes to grain-free and gluten-free diets.

2. How is cassava flour made?

Cassava flour is made from the whole root of the cassava plant. Freshly harvested, peeled, sundried on the farm and milled in flour.

3. Are tapioca flour and cassava flour the same thing?

No, they are not. Tapioca is a starch extracted from the root. Our cassava is a whole root, milled into flour and more dietary fibre in it than tapioca flour.

4. Is cassava flour gluten-free?

Yes. Cassava flour is gluten, grain, and nut-free, it is also vegan and vegetarian. This certification is available upon request with extra cost.

5. What makes cassava flour the most similar gluten-free flour to wheat flours?

It is the most similar to wheat flours when compared with plantain, breadfruit, arrowroot, coconut and other gluten free flour options that are typically used.

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6. How do you bake with cassava flour?

While you can usually swap cassava flour for wheat flour and all-purpose flour using a 1:1 ratio, it is not perfect for every recipe. We recommend 20%-50% substitution but it ultimately depends on the recipe. Some experimentation is required.

7. Tips for baking with cassava flour:

- Test different substitutions in small batches to get the perfect blend for your recipe.
- When mixing cassava flour to other wet ingredients, stir well to allow good moisture absorption.
- Fluffier baking textures can be attained by adding other gluten free flours.

8. Is cassava flour poisonous?

No. it's only toxic if it's eaten raw. Processing it makes it very safe to eat. HCN (cyanide) content is also lower in sweet varieties of cassava.

9. Is cassava flour low-carb?

Cassava flour has a high-carbohydrate profile. It is easily digestible and has a low glycemic index.



Organic Cassava Flour, Green Acres Farms Ltd